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Friday, February 6, 2015

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Vol. 36, No. 7 ■ \$2

WHAT'S INSIDE

PAGE A7



GIMME SHELTER

PAGE A10



AUTHOR TALKS

PAGE B1



SPORTS

PAGE B10, B11



Will Grudinskas, 11, of Cohasset goes down the hill at the middle school on his snowboard while enjoying the snow with his friends on Tuesday. Two weeks in a row, students had "snow days" because schools were closed due to back-to-back, record-breaking winter storms. For more sledding photos, see page A4.

WICKED LOCAL STAFF PHOTO/ ROBIN CHAN

HEALTHY LIVING

COMING IN PRINT

SPECIAL SECTION: All Presidents Day Auto

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INDEX

Tide Chart
Police Beat
Life at CHS
Around Town
Political Perch
On Stage
Obituaries
Horoscope

A2
A3
A6
A6
A13
B6
B13
B14

LIFELONG RESIDENT

Town historian David Wadsworth leaves legacy

By Erin Dale
edale@wickedlocal.com

David Wadsworth was known for being the definition of a "townie." Born in Cohasset in 1931, when the town still had its own hospital, Wadsworth grew up on Ripley Road, graduated from Cohasset High, and remained a lifelong resident of the town.

After graduating from CHS in 1949, Wadsworth went on to earn a Bachelor's in Liberal Arts from UMass Dartmouth in 1956. He worked as a supervisor at a mail order business in Boston throughout the '60s and into the '70s; then, in 1979, Wadsworth was appointed Town Archivist by selectmen chair Arthur Clark, and around the same time was appointed to the Historical Commission.



Historian David Wadsworth, whose knowledge of Cohasset history was unparalleled, has passed away.

WICKED LOCAL PHOTO

David Wadsworth was a town historian, museum curator and author, penning the "Images of America" book on Cohasset along with fellow Cohasset Historical Society members Paula Morse and Lynne DeGiacomo. He also contributed a town-wide survey of over 2,000 historical items, many of which are town buildings on the National Register of Historic Places.

"His family, Cohasset and the society have lost a treasure."

—Kathy O'Malley, Historical Society

on January 24 at the age of 84. His brother, Ed, 77, still lives in town with his wife, Suzanne. Son of the late Dorothy and Jerome Wadsworth, he is also survived by his two nephews, Peter Wadsworth of San Francisco and Nathaniel Wadsworth of Boston.

The Wadsworth family

traces their ancestry back to the early families of Cohasset.

"We came from a family steeped in old Cohasset," Ed said in a phone call Wednesday, adding that his brother "found history, and took to it like a duck

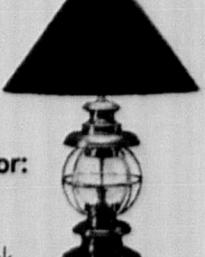
SEE WADSWORTH, A15

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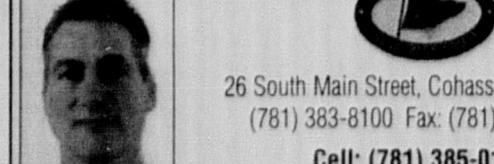
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PICTURE THIS

Dan Toomey

Name: Dan Toomey.
Occupation: Student, summer camp counselor, sports commentator.

Best day of my life: Whenever my siblings are all home at once.

Best vacation: 2014 school trip to Europe.

Favorite season: Fall/Winter.

Favorite holiday: Christmas.

Favorite food: Bacon cheeseburger.

Best book: "Othello."

Movie or actor: Gary Oldman, "Whiplash" or "Oceans Eleven."

Best TV show: "The Colbert Report."

Best music group: Red Hot Chili Peppers.

Pet peeve: "Someone listening to headphones while you're trying to talk to them."

Most embarrassing moment: "I melted a cutting board in the oven once."

Person you would like to meet: "Otto Von Bismarck or Teddy Roosevelt."

Goal: "To be content."

Biggest worry: "Letting myself down."

Best part of Cohasset: "The water."



The Cohasset Mariner caught up with Cohasset Dramatic Club actor Dan Toomey during dress rehearsals for his production, "Briefs," a festival of one-act plays. If you see Dan around town, be sure to mention that you spotted him in Picture This! WICKED LOCAL PHOTO/EMILY J. REYNOLDS

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PHOTOS

Snow Days are fun for kids

VIDEO

Siam Cuisine in Hanover

BLOG: WILD ABOUT BIRDS

Pam French, owner of Wild Birds Unlimited, has the word on birds.

HOW TWEET IT IS

Follow us on Twitter @ CohassetMariner

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MOST POPULAR STORIES

■ Cohasset weathers winter storm

■ Capt. Task reflects on long career

■ Town asking folks to shovel snow

■ CEMA strategizes to tackle storm

■ GIMME SHELTER: Runway siblings want to stay together

COHASSET ELDER AFFAIRS

Mondays mean 'Downton Abbey'

The following programs will take place at the Senior Center, Willcutt Commons, 91 Sohier St. Call Cohasset Elder Affairs at 781-383-9112 if interested in attending events and activities or for more information.

Note: Although the office remains open, there will be no CEA activities or van service on days that Cohasset Schools are closed due to inclement weather.

Mondays, noon, starting Feb. 9. **"Downton Abbey."** Wondering what all the conversation is about? Cohasset Elder Affairs will show this PBS series, beginning from season one through season four. Two episodes will be shown each week (with the exception of Feb. 16). Bring lunch.

Tuesday, Feb. 10, 4 p.m. **Caregiver presentation.** Kim Bennett from Visiting Angels will give tips to help manage dementia. Learn to make loved ones

feel less anxious, as well as techniques for effective communication.

Wednesday, Feb. 11, noon. **Valentine's Day Tea.** Sponsored by the Social Service League and the Friends of Cohasset Elder Affairs, at Willcutt Commons (Cohasset's new senior center), 91 Sohier St. Make a reservation no later than Feb. 6.

Thursday, Feb. 12, noon. **Intergenerational Lunch.** Fourth grade students from the Deer Hill School will entertain seniors and join them for lunch.

Beginning Thursday, Feb. 19, 1:30 to 2:30 p.m. **Magic for Beginners.** Learn Magic tricks. Impress friends and grandchildren. Cost is \$35 for this five-class session.

ONGOING PROGRAMS:

■ Line Dancing: Tuesdays, 1:30 to 2:30 p.m., 3 North Main Street. Beginner to Beginner-plus. Helps posture and balance, improves memory skills and confidence.

Drop-ins welcome. Fee is

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Drop-ins welcome. Fee is

■ Sit to Get Fit: Thursdays, 10 to 11 a.m. Improve upper and lower body strength, flexibility and coordination from the comfort of one's chair. Fee is \$5.

■ Second Friday Book Club: 10:30 a.m. to 12:30 p.m. Discussion, coffee and refreshments. Leaders are Addie McGrath and Sandra Murray.

■ Knitting: Drop in. Learners are welcome. Fridays from 1 to 3 p.m. Leader: Edna Finegan. Fee is \$3.

TRANSPORTATION

Cohasset Elder Affairs offer door-to-door van service to the following:

Around Town Route 3A: Mondays, 1 to 3 p.m. Stops, as requested, at Buttonwood Books, Supercuts, Bank of America, Rockland Trust, Walgreen's, CVS, Hingham Lumber, Old Colony shops, Aubuchon, etc.

Shaw's: Tuesdays, at 1 p.m. Cohasset Train Station:

Wednesdays, drop off for 9:04 a.m. train; pickup for 3:08 p.m. return.

Wal-Mart/Hanover Mall: Wednesdays, at 9:30 a.m., return at 11:30 a.m.

Around Town (downtown Cohasset): Thursdays, 9:30 a.m.

Stop & Shop: Fridays, 9:30 a.m.

Trader Joes/Marshall's: Second Friday of the month, 9:30 a.m.

Derby Street Shoppes: Third Friday of the month, 9:30 a.m., return 11:30 a.m.

Christmas Tree Shop: Fourth Friday of the month: 9:30 a.m.

Call 781-383-9112 at least 24 hours in advance for transportation. For out-of-town trips, a voluntary donation of \$5 is requested.

Cohasset Elder Affairs

Lunch Program: Lunches provided by celebrity chefs and local restaurants, at noon, on Tuesdays, Wednesdays and Thursdays. Call 24 hours ahead for reservations and/or transportation.

South Shore Tide Chart
COHASSET HARBOR (WHITE HEAD)

FEB. 2015	HIGH			LOW			SUNRISE	SUNSET				
	AM	HGT.	PM	HGT.	AM	HGT.			PM			
Thursday 05				12:07	9.3		5:49	0.3	6:15	-0.1	6:52	5:02
Friday 06	12:34	8.7	12:45	9.2	6:28	0.3	6:52	-0.0	6:51	5:03		
Saturday 07	1:10	8.7	1:24	9.0	7:07	0.4	7:30	0.1	6:50	5:04		
Sunday 08	1:47	8.7	2:03	8.7	7:48	0.5	8:09	0.4	6:49	5:06		
Monday 09	2:26	8.6	2:46	8.4	8:31	0.7	8:50	0.6	6:47	5:07		
Tuesday 10	3:08	8.6	3:31	8.1	9:16	0.8	9:34	0.9	6:46	5:08		
Wednesday 11	3:54	8.5	4:21	7.8	10:06	0.9	10:23	1.1	6:45	5:10		
Thursday 12	4:43	8.5	5:16	7.7	11:00	0.9	11:17	1.1	6:43	5:11		

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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CITIZENS DISABILITY

POLICE BEAT

Women lucky to escape rollover unharmed

By Mary Ford
mford@wickedlocal.com

Police responded to a single-car crash on Border Street at 12:41 a.m. on Saturday (Jan. 31). Police said a 2008 Volkswagen sedan, operated by a 27-year-old Ventura, Calif. woman, whose passenger was a 28-year-old W. Roxbury woman, told officers she drove off the road to avoid a mysterious pedestrian who darted out.

Police said the VW ended up in the marsh where it flipped upside down. The two women self-extricated and were transported to South Shore Hospital with minor injuries. The driver was cited for failure to stay in marked lanes. Acting Chief William Quigley said the two women were very lucky that the tide was not high or they could have drowned.

Snow advisory

Cohasset is not escaping what could be the snowiest winter on record in the region. Acting Chief William Quigley reminds residents that site lines are diminished due to the deep snow banks and narrowing roadways. He also said that solar glare can be a real issue and recommends that motorists have a good pair of sunglasses. He asks all drivers to go slowly.

Also a big safety issue is driving with snow piled on the car. This is especially dangerous on Route 3A where speeds increase and snow can blow off and smash another vehicle's windshield. He also said folks should make sure



The two women in this VW that rolled over into the marsh off Border Street were able to climb out unharmed. COURTESY PHOTO

their headlights are clear of snow.

Quigley pointed out that police could issue two possible \$55 citations for obstructed driving: operating through a pephole in the snow and not clearing snow off the car.

Porta-potties

On Monday morning (Jan. 26) two port-a-potties bounced off the truck that was transporting them along Forest Avenue. Police said they had not been properly secured. The port-a-potties were moved to the side of the road and the company sent another truck to pick them up.

Unregistered MV

When the Town Hall and parking lot cleared out of vehicles when employees left before last

week's blizzard, there was an unregistered motor vehicle remaining in the lot on Monday (Jan. 26). The Town Manager's office notified police to ensure the vehicle was moved before the storm arrived.

Two-car MVA

On Monday afternoon around 1:07 p.m. (Jan. 26) police responded to a two-car accident on Depot Court. A 1998 Chevrolet sedan, operated by a 59-year-old Quincy woman, was attempting to make a right at the top of Depot Court near Dooley's onto S. Main Street when the driver slammed on the brakes due to an approaching fire engine with its lights and siren blaring.

The car behind the Chevrolet, a 2014 Mercedes, operated by a

42-year-old Cohasset woman, rear-ended the Chevy when it stopped suddenly.

Police said damage was minor and there were no citations or injuries.

Two-car MVA

A 53-year-old Cohasset woman driving a 2002 Ford Taurus was slowing to turn left into a driveway off Chief Justice Cushing Highway (Route 3A) near Aubuchon when she was hit from behind by a 2010 Jeep Wrangler, operated by a 17-year-old Cohasset girl.

Neither vehicle was towed and no one was injured. The teenaged girl was cited for following too closely on a state highway, police said.

Harassment

A 56-year-old Cohasset

ACCIDENT

Pedestrian hit by plow on Monday

Cohasset police responded to 223 Chief Justice Cushing Highway (Medical Building) at 9:50 a.m. Monday (Feb. 2) for a report of a woman trapped under a plow truck.

Witnesses reported a 34-year-old man from Plymouth who was operating a 2011 Ford Dump Truck equipped with a plow, backed over a pedestrian who was walking behind the truck.

The victim is a 67-year-old woman from Norwell; she was dragged about 10 feet, police said. She was alert and talking to rescuers on scene, and was subsequently transported to South Shore Hospital by ambulance with



Police said this plow backed up over a pedestrian in the parking lot of the medical building off Route 3A Monday. COURTESY PHOTO

non-life-threatening injuries, police said. The truck was equipped with a back-up alarm that was working.

The driver of the truck told police he did not see the woman behind him due to the weather.

BUILDING PERMITS

The following Building Permits were issued at Town Hall last month.

Hansen, 35 Pond St., \$18,890, remodel family room, install gas fireplace insert; Koch, 41 North Main St., \$200,000, two-story addition, re-work existing deck and porch; Burgoon, 15 Hull St., \$859, replace one window; Pinnacle Towers, 1 Turkey Hill Road, \$60,000, replace 12 antennas, add radio heads and junction boxes; Baddeley, 49 Border St., \$36,525, 15 squares asphalt roofing, 20 squares siding, replace eight windows and two doors; Dickey, 216 South Main St., \$3,000, install solar panel system and collar ties on roof;

Carlson, 82 Wheelwright Farm, \$20,000, install built-ins and closet, basement door; Xu, 115 Beechwood St., \$200,000, new windows and entry, kitchen, reconfigure rooms; Flaherty, 61 Fair Oaks Lane, \$125,000, remodel kitchen, panty, 1/2 bath, new front door; Masotta, 3 Linden Circle, \$38,000, repair water damage, insulation,

flooring; Peraino, 167 Pond St., \$38,000, reconfigure walls, move bedrooms, add bath; Deveney, 95 Pleasant St., \$90,000, remove porch, build 1 1/2 floor addition; Toll Brothers, 23 Hickory Circle, \$344,320, new single-family dwelling; and Keesmetey, 7 Cushing Road, \$65,000, kitchen and bath remodel, repair front and back stairs.

Also: Bergers, 268 Fair Oaks Lane, \$15,000, kitchen remodel, remove hall closet; Pilczak, 37 Riverview Drive, \$1,900, new stainless steel liner for oil flue; Hayes/Olk, 35 Elm Court, \$120,000, add master bedroom and bath over existing deck; Foret, 36 Parker Ave., \$450,000, remodel existing home, build new addition; Coley, 61 Elm St., \$1,750, new sink and vanity; Linder/Phelps, 365 Atlantic Ave., \$56,000, four hot water coil fan units with ductwork; Pilczak, 37 Riverview Drive, \$1,900, new stainless steel liner for wood stove; Baker, 18 Black Rock Road, \$4,000, new wood stove; Martini, 336 Forest Ave., \$4,000, new wood stove;

Whitehouse, 17 Ash St., \$3,500, 6 squares vinyl siding; 792 Jerusalem Trust, 792 Jerusalem Road, \$165,000, new garage and carriage house; French, 430 South Main St., \$22,620, kitchen and bath renovations; cabinets, bead board wall cover; Baker, 11, Stratford Terrace, \$8,000, demo basement, remove interior finishes; Tedeschi, 109-111 Ripley Road, \$1,800, 3 by 3 sign: Texture and Gloss Salon; Shiffman, 107 Sohier St., \$7,000, bathroom remodel; and Arnold, 81 Hull St., \$25,000, 334 squares vinyl siding, replace trim, 13 replacement windows.

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woman reported to police last week that she suspected the teenaged son of her former boyfriend was responsible for placing pamphlets on the windshield of her car in her driveway with information on anti-aging creams and how to improve her sex life. Police notified the ex-boyfriend told him to tell his son to stop the behavior if he was responsible.

Snowplow stuck

A 2001 Ford pickup truck plowing driveways on Lily Pond Lane slid off the road and into a tree during last week's blizzard. A concerned caller reported the unoccupied vehicle at 8 a.m. on Tuesday (Jan. 27). The landscaping company that owned the truck removed it when it was safe to do so, police said.

Plow slid

A 1:35 a.m. on Wednesday (Jan. 28) a private plow reporting sliding on the Rocky Lane bridge; the operator had to keep his foot on the brake to stop from sliding farther until assistance arrived.

Larceny

A 65-year-old Cohasset man went to the police station on Sunday (Feb. 1) to report that when he returned from vacation in Georgia he discovered two unauthorized withdrawals totaling \$7,200 from this Bank of America checking account. He believed his debit card was compromised while he was on vacation and the bank was seeking a police report. Police took the report and also gave the man an identity theft packet with information about protecting his identity.

Snow banks

A report of a blue Ford SUV driving around the Rockland Trust off Chief Justice Cushing Highway taking photographs on

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Mia Gifford, 9, of Cohasset heads up the hill with her sled while enjoying the hill in front of the Middle School with her friends.



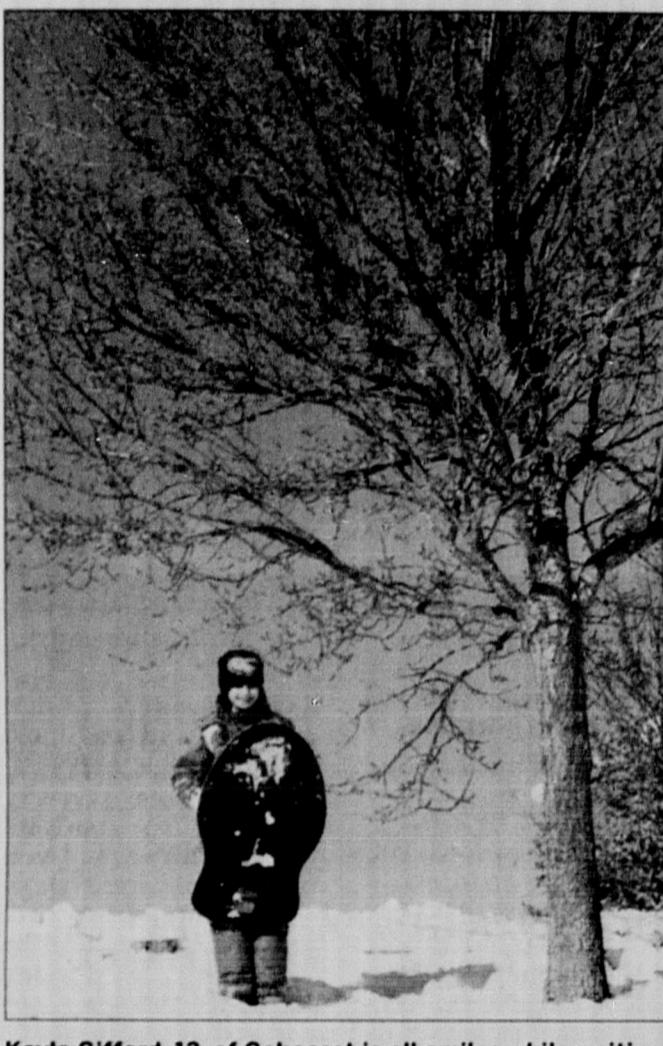
Kate Greer, 7, Lilly Hoehn, 12, Molly Greer, 12 (right), and Emme Hoehn, 10 (back), go down the hill together on a snow tube.

Snow Days!

STAFF PHOTOS BY ROBIN CHAN



From left to right, Chloe Davis, 7, Liam Davis, 10, Charlotte McCallion, 7, and Caroline McCallion ride down the hill together on a snow tube at the middle school.



Kayla Gifford, 12, of Cohasset is all smiles while waiting to go down the hill with her sled on Tuesday, February 3, 2015.



Cecelia Tarpey, 11, goes up for air while digging her snow cave with her friend Annie Toomey, 13, on Tuesday.



Michael Garrity, 9, waves hello to his friends on the top of the hill.



Jake Gifford, 10, heads down the hill headfirst while enjoying the fresh snow.



(Left) Cecelia Tarpey, 11, Annie Toomey, 13, and Erin Toomey, 11, pose in their caves.



(Right, Top) Annie Toomey, 13, is seen through the window that they made so that they can talk with each other in the three caves that they had dug out after the storm.



(Right, Bottom) Addison Garrity, 7, gets ready to surf down the hill in front of the Middle School on Tuesday.



STORM

From Page A1

set an early season record," said Skilling, adding that the seasonal total so far is "an unbelievable 51 inches!" According to the weather observer, this total "has never happened in our weather history."

Last week's "Blizzard of 2015," with 24 inches of snow, was "our greatest snowstorm in years," Skilling said.

The decision to close Cohasset public schools was made late Sunday afternoon, said Superintendent of Schools Barbara Cataldo said in a phone call Monday, "before the Super Bowl last night so people could enjoy." Cataldo said that most other districts announced closures between 4 and 7 p.m. Sunday.

Cataldo said that she doesn't take the decision to close schools lightly, and it's a joint decision between her, Acting Police Chief William Quigley, and Department of Public Works (DPW) Supervisor Carl Sestito.

"Yesterday we looked at the MEMA report, and I checked in with Bill Quigley and Carl Sestito trying to figure out, with the timing of the storm, what would create the safest environment" for students, Cataldo explained Monday.

While schools were closed both Tuesday and Wednesday due to last week's blizzard, students were also off on Monday while teachers and staff had a professional development day.

"During the blizzard last week, we took two days out," said Cataldo. "We looked at the perspective, how accurate is [the forecast] going to be? We take reports from MEMA very seriously," she



Frank Crowley, 16, is busy shoveling out St. Stephen's following last week's blizzard. WICKED LOCAL PHOTO BY CHRIS BERNSTEIN

superintendent added. "Then we come together and try to figure out what's the best approach to use, whether it's to close or have a delayed opening."

"Last week was tricky," Cataldo said.

With more snow in the forecast late into Monday, along with freezing temperatures, MEMA's winter storm warning remained in effect until 1 a.m. Tuesday. The decision was made late Monday night to cancel again on Tuesday.

Chief Quigley said in a storm update for residents Monday night that the town was still digging out from the latest blanketing of snow.

"Crews from Cohasset DPW have been working long hours to keep public ways passable, and to dig out the town's preschools and other public buildings," said Quigley, urging folks to drive safely. "Please be aware that snow banks are very tall, the roads are narrowed, and that we have responded to several snow-related crashes."

The chief also asked residents to "take steps to clear snow around from around their furnace and dryer vents to avoid issues with carbon monoxide," as well as clear snow from hydrants near their homes or businesses.

The superintendent also asked for drivers to be extra

vigilant when driving near the schools.

"The roads are narrow, the snow mounds are high, and there's solar glare — we ask everyone to drive cautiously, especially around the schools, and to be patient because it will take longer than usual," said Cataldo.

She also noted that the town's DPW employees have been worked around the clock this week. Cataldo praised Sestito for once again "doing a fabulous job ... Carl is very caring and worries for the students."

DPW workers "have been going 18 straight hours without a break," Cataldo added, using limited manpower to

keep the roads plowed. "It's a very small department, and that is it ... It's a herculean effort on behalf of the DPW."

And when the time comes to reopen schools, both the DPW employees and school custodians have their work cut out for them to have the buildings ready to open by 7:30 a.m.

"Our custodians might have to come in at midnight and work all night, putting in eight hours" before students even arrive, said Cataldo. "I don't think people realize ... That's a lot of work."

During the Tuesday night Board of Selectmen meeting, board members also thanked the DPW for their

hard work clearing the roads during and after the storm. Selectman Martha Gjestebry commended the DPW for the "tireless work they've done for the roads," while selectman Karen Quigley thanked both the DPW and public safety officers "for all the hard work they've put in keeping our community safe over the past week."

Selectmen chair Diane Kennedy also thanked public safety, DPW and emergency management team for their "work around the clock ... then they take a breather and are back at it again with the wallop we've been getting."

Kennedy encouraged residents to help by shoveling out fire hydrants in their neighborhoods. "That's something everyone of us can do," said Kennedy. "Everyone should adopt a hydrant."

Selectmen vice-chair Steve Gaumer also asked folks to help "make life easier" for other residents and the roads crews by keeping cars off the roads while DPW workers are plowing. "It's very difficult at best to maneuver a multi-ton truck on very narrow roads," said Gaumer. He also encouraged neighbors to help one another by shoveling one another's yards or assisting with errands, particularly "if you've got someone in your neighborhood who may not have the capability to get out at will."

Kennedy noted that the weather forecast remains "gloomy" in the coming weeks. Gaumer also noted that this "weather stretch" is predicted to last "a very long time."

—Follow reporter Erin Dale on Twitter @ ErinDaleMariner.

LIQUOR

From Page A1

foot store in its place. However, the purchase and sale agreement for the highway property won't be finalized until the selectmen approve the license transfer.

The Jan. 20 hearing was continued to Tuesday, Feb. 3, and the Sajjans came back to ask for more time.

The Sajjans operated their business at 27-29 Main Street for around a year when their lease expired. Their former landlord, Chris Ford, said in a phone call that the move out of his building was a "mutual departure."

Galvin said that his clients would have preferred to stay in the village.

A group of residents at the Jan. 20 hearing were vocal in their reluctance to see a new liquor store open on 3A, nearly across the street from discount retailer Curtis Liquors, which has operated at 790 Chief Justice Cushing Highway since 1989.

Rick Curtis, owner of Curtis Liquors, also thinks the Sajjans should find another location closer to downtown, believing that the smaller store will not be able to compete with his 15,000 square-foot business. "I feel bad for Jogi that he was displaced from

The building the Sajjans are hoping to purchase used to be a residential property and was most recently used as an optometrist's office, starting in the 1990s.

downtown," Curtis said in a phone call after the first hearing. "It's really where he belongs ... Small stores exist because they find a little niche."

Glenn Pratt, King Street, who spoke against the license transfer at the Jan. 20 hearing, said in a Jan. 23 letter to the selectmen that it would be a bad move from an economic development standpoint "to allow the location of two retail establishments selling the same product across the street from one another, in our small community."

Pratt suggested the town tap the Economic Development Committee as a resource. "This area of 3A appears to still be under consideration," said Pratt. "It may be valuable to have preliminary input from the committee prior to authorizing this transfer."

The Sajjans asked the selectmen to defer any action on their request to allow for more time to examine the proposed site, prepare a site plan to meet all of the town's requirements for the location,

selectmen.

The building the Sajjans are hoping to purchase used to be a residential property and was most recently used as an optometrist's office, starting in the 1990s. Egan said the building was "well suited... for a single doctor and a limited number of patients," but would be "impractical" as "any kind of retail business in its current state."

If the structure's 900 square-foot first floor were to be used as a selling area, for example, the owner would have to provide a minimum of six parking spaces that meet the dimensional and setback requirements in the town's zoning bylaw, Egan explained. Altering the

property's entrance would further require permission from the Mass. Department of Transportation.

The property would also require a Planning Board site plan review, said Egan. However, "replacing and reconstructing may be even more difficult," the building inspector added, explaining that the lot, at 13,650 square feet, "is so oddly shaped that a third to a half of the lot is unusable."

Egan recommended the selectmen defer voting on the liquor license application "until Planning and Zoning issues have been addressed and resolved."

Jogi Sajjan said at the Feb. 3 hearing that he would try to gather all of the necessary information

as "fast" as possible.

Selectman Kevin McCarthy reminded the board that one of the reasons they continued the Jan. 20 hearing was also to clarify their responsibilities in terms of approving the license.

"We were concerned about what our role was; we seemed to want to make sure whether we need to consider broader issues," said McCarthy.

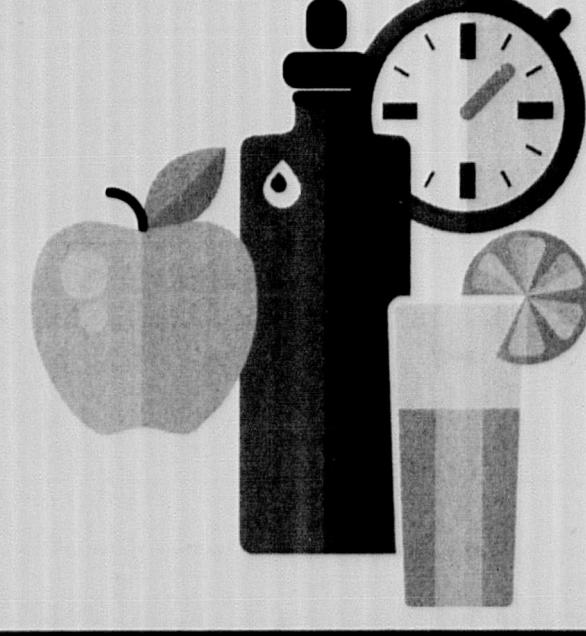
Selectman Martha Gjestebry asked Town Counsel Paul DeRensis, who was at the Feb. 3 meeting, whether the board's "only concern" was the license, to which he answered, "Basically, yes."

—Look for more on this issue in an upcoming edition of the Mariner.

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Section inside this week's paper

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WICKED LOCAL

GIMME SHELTER

Victoria is a regal lady

By Tammy Hatch

Meet lovely Victoria, a very affectionate 11-yr-old Seal Point Siamese with beautiful crystal blue eyes. Well known for their social nature, Siamese crave human interaction. Victoria is no exception responding with a huge purr when she is petted.

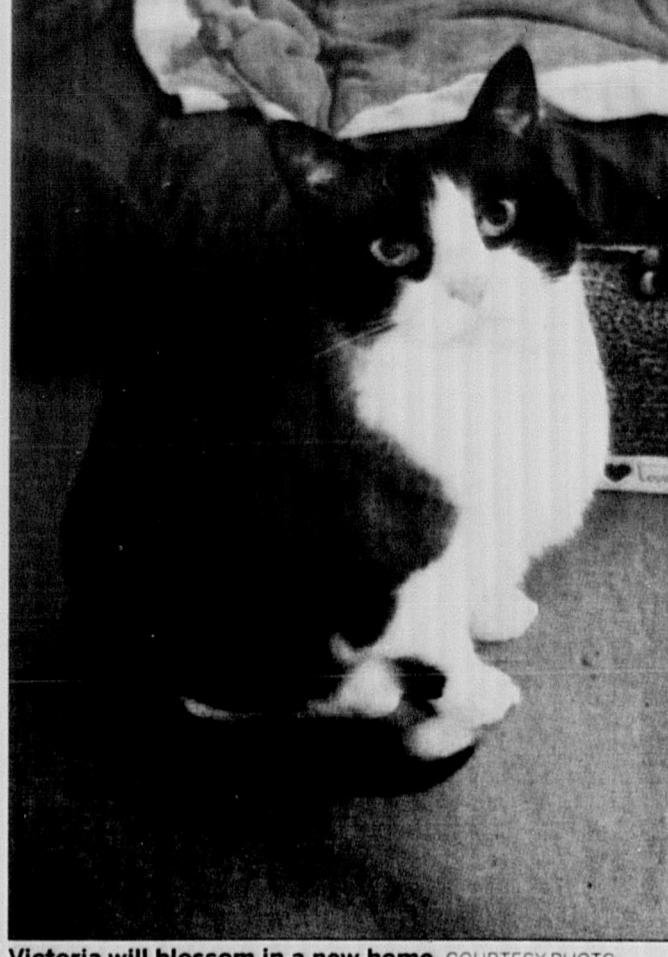
Siamese also wear their hearts on their sleeves so how they're feeling is never a mystery. Victoria has shown us she's very shy and often she is found sleeping underneath her bed and blankets rather than atop them. She won't seek your attention, but once you give it to her she purrs huge and will stay at your side for more.

Surrendered cats face dramatic life change overnight and it's not always so easy for some to regroup and make the adjustment to Shelter life. Shy cats like Victoria have an especially hard time. Victoria has a very calm nature and gets along well with her current roommates.

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Spay Waggin'

The Animal Rescue League's Spay Waggin' will



Victoria will blossom in a new home. COURTESY PHOTO

be in Hull this Monday, February 9th. If you need to have your cat spayed or neutered, there are still openings available. The cost is \$100. Please call the shelter at 781-925-3121 or email us at hsar@verizon.net to book your appointment. Having your cat altered helps control the overpopulation of homeless cats, improves your cat's health, reduces unruly behavior and saves you on the cost of pet care.

—Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.

BRIEFLY

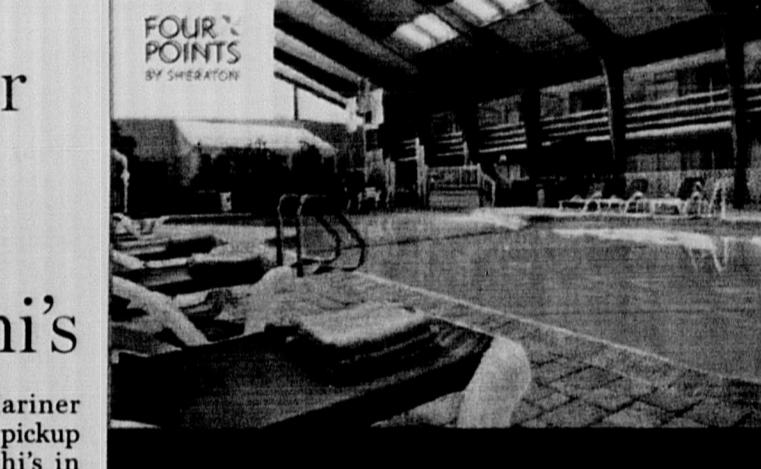
Mariner drop box at Tedeschi's

The Cohasset Mariner has a "drop box" and pickup location at Tedeschi's in the village. The drop box is on the counter in the front window by the candy display.

The Mariner picks up at 8 a.m. on Mondays and Tuesdays. The drop box can be used to drop off glossy photographs, letters, flyers or other editorial copy.

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DON'T MISS THIS

What to know
about Lincoln Day

1 The 38th annual Lincoln Day Celebration begins at 10:15 a.m. on Saturday, Feb. 7, at the tomb of Maj. Gen. Benjamin Lincoln in Hingham Cemetery behind Old Ship on Main Street in Hingham where the Hingham Militia and the Massachusetts 22nd gather to render a military salute.

2 At 11 a.m., the ceremony at Old Ship will feature keynote speaker James B. Conroy, a Lincoln scholar, Hingham resident, and author of "Our One Common Country."

3 Lincoln Day is a day set aside to honor two of Hingham's most famous Lincolns, President Abraham Lincoln and Benjamin Lincoln.

4 Abraham Lincoln's ancestor, Samuel Lincoln, settled there in 1637.

5 Major General Benjamin Lincoln was second in command to George Washington during the Revolutionary War and accepted the sword of surrender from the British at Yorktown, Virginia.

6 Lincoln Day culminates with a parade down Main Street to the Lincoln Statue for wreath laying and military salutes.



Members of the Massachusetts 22nd Volunteer re-enactors march past Hingham's New North Church during Lincoln Day 2014. COURTESY PHOTO

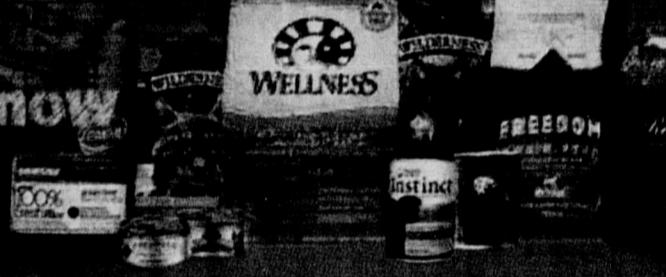
7 Lincoln Day, which is free and open to the public, is sponsored by Hingham Institution for Savings, the Military Order of the Loyal Legion of the United States, the Society of Cincinnati, The Fruit Center and Hanaford and Stop & Shop Supermarkets, Hingham Historical Society, and the Town of Hingham.

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BRIEFLY

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Cohasset Sangha (people who practice meditation together) meets first and third Monday of every month from 7 to 8:30 p.m. in

the First Parish Meetinghouse (church.) at 23 N. Main St. Bring a pillow and interest in learning the Buddhist approach to meditation. All levels welcome.

AUTHOR TALKS

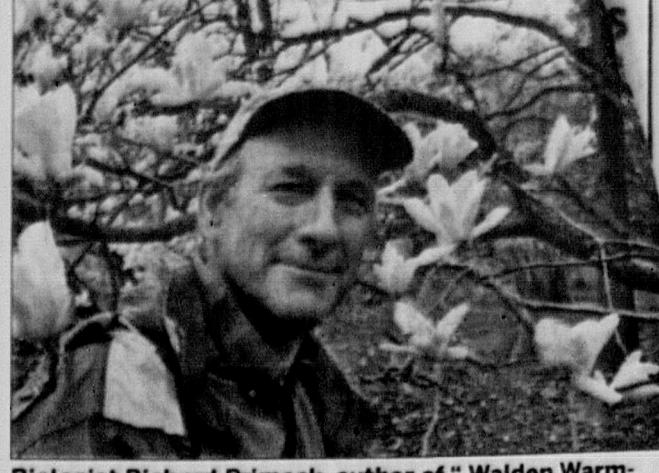
Biologist to speak at library

Biologist Richard Primack, author of "Walden Warming," will be the next Sunday AuthorTalks speaker on at 4 p.m., on Feb. 8, at the Paul Pratt Memorial Library.

Primack's talk promises to resonate with New Englanders, especially those interested in the warming climate, as well as scientists, gardeners, historians and naturalists.

A wine and cheese reception will follow the event. Buttonwood Books will have Primack's book available for purchase and signing.

For more information,



Biologist Richard Primack, author of "Walden Warming." COURTESY PHOTO

call the library at 781-383-1348, or visit online at

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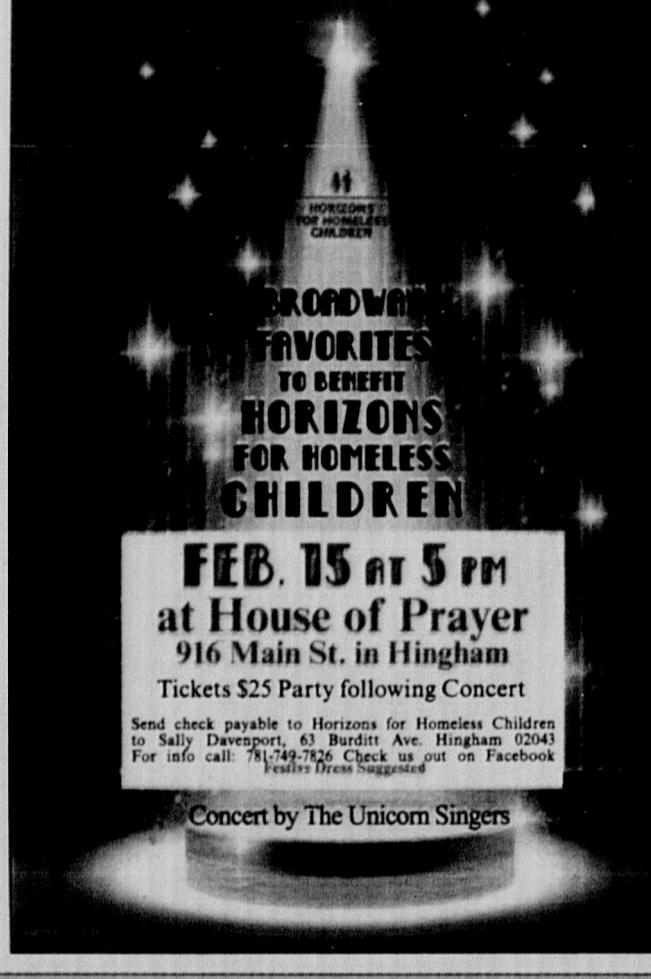
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COHASSET PSO**Read-a-thon to begin Feb. 6**

Cohasset PSO is sponsoring a Read-a-thon Fundraiser at Osgood and Deer Hill Schools. Joseph Osgood School is at 210 Sohier St.; Deer Hill School is at 208 Sohier St. The Read-a-thon will take place from Friday, Feb. 6, through Sunday, March 1.

The Read-a-thon encourages students to read, while raising money for the Cohasset PSO, and will feature author visits, special guest readers, character day (Osgood), read your heart out day (Deer Hill), and more. Funds raised from the Read-a-thon will be put toward curriculum enrichment programs and teacher grants that support each of the schools.

The PSO is a nonprofit organization. The role of the PSO is to act as an advocate for public education. It is the official link between parents and schools. The PSO voices parental responses to school issues, and provides forums for administrators, teachers and students to present their programs and policies to the public. Through fundraising efforts, like the upcoming Read-a-thon, the PSO provides programs and activities that enrich the school experience for students, teachers and parents. Families, teachers, and all members of the community are invited to sponsor an Osgood or Deer Hill student.

For more information, contact Jennifer Askjaer at jenniferkaskjaer@gmail.com or Mary Henry at maryhenry9@gmail.com.

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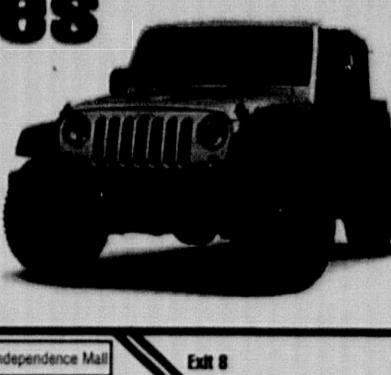
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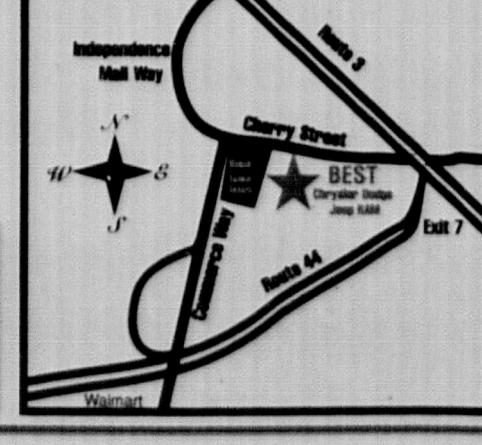


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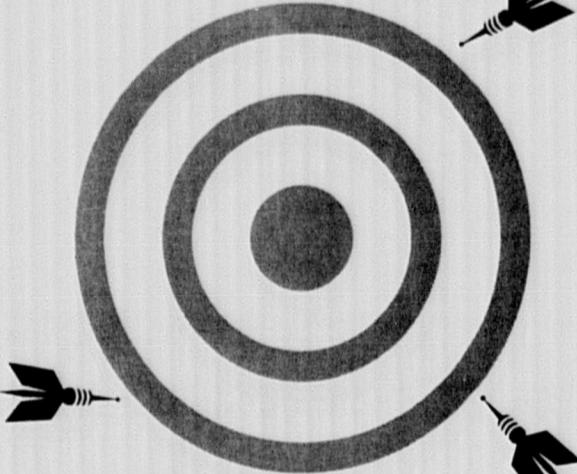
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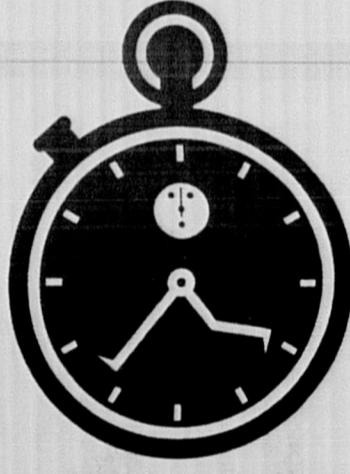
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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Why we love the Pats

Right up to Sunday night, the 2014-15 football season had little to do with actual football games. The NFL had been focused on social issues – especially domestic abuse and the price professional players should pay for off-field violence – and on beginning to face up to the head injuries that are part of the game at every level.

The last two weeks have been taken up by the trivial – a silly and irrelevant debate over the inflation levels of balls used in the AFC Championship game – and on the spectacle that has grown around the Super Bowl: commercials, halftime shows, celebrity sightings and the rest.

The two weeks of gab leading up to the Super Bowl can be excruciating for fans and players alike. Asked for the umpteenth time to speculate about the big game, Patriots head coach Bill Belichick showed again his flair for the obvious. “It is what it is, and what hasn’t happened, hasn’t happened.”

When it finally happened, fans got a game that put the distractions in the background and for once lived up to the hype – and then some.

This year, all agreed that the playoffs had sent the two best teams to the Super Bowl. The Seattle Seahawks played like the reigning champions, with talent on the field and a coach, Pete Carroll, who is still warmly regarded here in New England. After some initial stumbles, the Patriots easily outclassed their AFC competition. Both before

and after Sunday’s game, coaches and players on both teams had nothing but praise for their opponents.

The game itself reminded fans why they love football. It had lead changes and momentum shifts; disciplined offensive marches down the field; determined defensive stands. It had a fourth-quarter comeback that was both typical of Pats quarterback Tom Brady and exceptional enough to set a Super Bowl record. The game went right down to the final seconds when an obscure player, Pats rookie Malcolm Butler, made an interception in the end zone that turned near-defeat into improbable victory.

In homes across New England, the hoots and hollers that followed Butler’s catch woke the youngsters and shook the rafters. The only debate now is whether Brady and Belichick are simply the best quarterback and head coach in the game today, or the best in the history of the NFL.

It snowed again Monday all across New England, and wind chills will be below zero as the triumphant Patriots roll through Boston to celebrate with their fans. But all who love football are warmed by the fine game that ended a troubled NFL season, and the glow of a Super Bowl win makes it easier for local fans to survive the dark weeks before the start of Red Sox spring training.

What a game. What a team. Thanks, Patriots.

DON'T MISS THIS

Selectmen split over Con Com appt.

Be sure to read reporter Erin Dale’s coverage of the Board of Selectmen’s discussion and vote on Tuesday night regarding filling an open seat on the Conservation Commission.

The story appears on page B4. Usually news stories appear in the “front” or “A” section, but

due to space issues this week, the story from the selectmen’s meeting had to go in the “B” section.

We did not want you to miss the story, hence this friendly reminder! And while you are in the “B” section check out sports, our photo spread of “Briefs,” the police/fire log and much more.

Cohasset Mariner

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Billing Inquiries 1-800-894-5141
Reprint Orders 1-866-746-8603
Legal Sales 1-800-624-7355 ext. 7967
Classified Sales 1-800-624-7355, Fax 781-453-6650
Editorial FAX 781-837-4543

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The Cohasset Mariner (USPS 455-390) is published weekly Friday by Gatehouse Media, 254 Second Ave., Needham MA 02494. Periodical postage paid at Boston and additional mailing office, \$64 in town for one year. Call circulation department, 1-888-MY PAPER (888-697-2737) to subscribe or report delivery problems. POSTMASTER: Send change of address notice to Cohasset Gatehouse Media NE, 400 Crown Colony Dr., Quincy MA 02169. The Cohasset Mariner will publish up to 12 Premium Editions each year, with a surcharge of up to \$2 for each edition. Current subscription term lengths reflect basic subscription rates without additional charges for Premium Editions. The Cohasset Mariner will adjust the length of your subscription, which accelerates the expiration of your subscription, when you receive these special editions.

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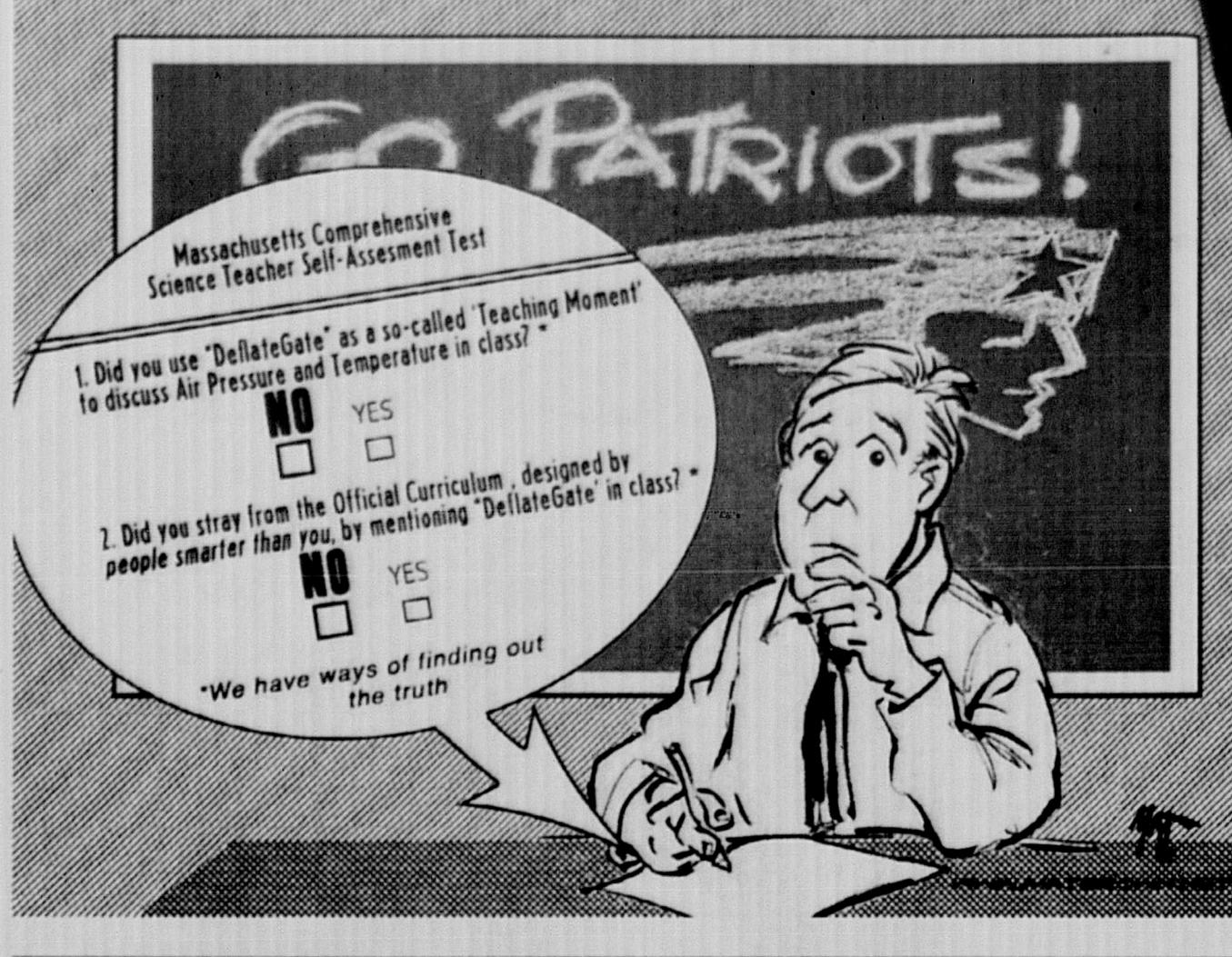
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Letters must be original and signed. Include the writer’s address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

Friday, Fe



LETTER TO THE EDITOR

Book Drive support appreciated

On behalf of the 2014-15 Cohasset High Boy’s Hockey Team, we are writing to express our sincere gratitude for your generous support of our student athletes who you supported over the weekend of Jan. 31 during

our annual Book Drive campaign throughout the town.

In addition to our terrific local advertisers who make our annual Program Book possible, we want to thank everyone who made a donation during

our neighborhood drive. It is only through your generosity that we are able to fund a large portion of the program, including ice time, uniforms, coaching, scholarships, and the multitude of expenses incurred by an Ice Hockey

Program.

Simply put, we don’t exist without your help, and we thank you very much for your continued support!

— John Cavanaro for the Cohasset Hockey Boosters

TOWN ELECTION

Consider running for office

Nomination papers for the annual Town Election for 2015 will be available on Monday, Feb. 9, at the Town Clerk’s Office. The last day to obtain nomination papers will be Thursday, March 19. Last day to submit nomination papers

to the Board of Registrars for certification is Monday, March 23. In order to hold an elected office, people must be registered voters of the town. Note: Residents are not running for office until they take out papers and the Board of Registrars

certifies the signatures.

Positions: Selectmen for three Years (one); School Committee for three Years (two); Trustees Paul Pratt Memorial Library for three Years (three); Assessor for three Years (one); Board of Health for three Years (one).

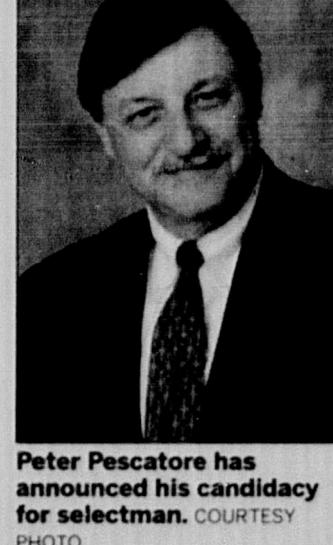
CANDIDATE ANNOUNCEMENT

Pescatore to run for selectman

By Peter Pescatore

In 1993 we moved into Cohasset from Westport, Conn. with our three school-age sons. The boys all received an excellent education in the district’s schools and have gone on to successful college and professional careers. During the school years my wife Jane was PSO President for several years, elected to the School Committee in 2001 and has been employed at the schools since 2003. During that time I was a trustee and treasurer at the Sailing Club and involved in various town activities including being a charter supporter of the citizen effort to fund a language lab at the High School that ultimately became the CEF.

Professionally, I have an MBA from Babson College and have completed



Peter Pescatore has announced his candidacy for selectman. COURTESY PHOTO

Advanced Management Programs at Syracuse and Boston universities. After beginning my career with KPMG in Boston I spent 18 years at Polaroid Corp., eventually leaving to become CFO at Farberware in N.Y. COO and

President at Fetco Home Décor in Mass., CFO at Primedia in Kan., and CEO at TransNet, Inc. and Limoliner, Inc. in Mass.

I was appointed to the Advisory Committee in 2010, and elected Chairman in 2011. I am honored to have been reappointed as Chairman each year since. I have worked closely with the last three Town Managers and the Boards of Selectmen to bring the town back to a sustainable fiscal position during a very unstable and challenging period.

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POLITICAL PERCH



Tom Wigmore makes a call during a break in placing flags on veterans' graves at Woodside Cemetery. WICKED LOCAL STAFF PHOTO

The gift of Wiggy Strong

The Blizzard of 2015 was another emergency very well handled by our CERT (Cohasset Emergency Response Team) and many Cohasset town employees and volunteers. A state of emergency in Cohasset naturally brings Tom Wigmore to my mind. He is always in the middle of the action during such events — whether as a town employee or as a volunteer — and 24/7 to boot.

During the big storm of 2013, I saw Tom in action at the emergency shelter — doing whatever was needed. Answering cell calls then running off to assist someone somewhere — then back again — and on and on. I wasn't sure whether Tom was acting as a town employee or a volunteer, probably both at the same time. He doesn't seem to distinguish between the two.

I first met Tom Wigmore a few short years ago when I wandered into the Friday night meat raffle at Cohasset's American Legion Post # 118. Tom soon came over and introduced himself and we had a great chat. Tom and his wife Deirdre, who is President of the Woman's American Legion Auxiliary, run the Friday night meat raffle along with several Legion volunteers. When he found out I knew how to set up a Facebook Page, Tom promptly enlisted me to build and administer the Post's Facebook Page. While I didn't win the meat raffle that night I gained a friend and that turned out to be of much more value.

After a few months I was again at the Friday meat raffle and Tom came up to me and told me how pleased he and others were with the active Facebook Page. He gave me an official American Legion hat. I put it on and thanked him. He said "no problem — just show up early at the Legion for the Memorial Day festivities as you will be marching with



KEVIN MCCARTHY

us wearing that hat". Again I didn't win the meat raffle that night but I was now back in uniform and parade marching too!

As we all know, Tom Wigmore represents the best of all the good that is done at our local American Legion Post. Tom is the driving force and spirit behind our annual Veteran's Day ceremonies, he started our annual Healing Field flag display which grows larger each year and is now replicated in many other local communities. Tom and Deirdre along with many other town volunteers and members of the American Legion have made our annual Memorial Day activities the most precious and memorable days of the year for Cohasset and its heroic veterans.

In addition, Tom regularly visits veterans and the children of veterans at local hospitals. He has also vigorously built support and interest in the annual week long hands-on governmental experience known as Boys and Girls State. This past spring Cohasset sent seven young men and women to a weeklong education on how our government works and how to get involved.

During the long hot dry spell we had last summer Tom mentioned to me he had heard that one of the town memorial squares was in particularly bad shape. Driving through town one hot summer morning I came upon Tom in the middle of the POW/MIA Square digging up plants and trimming bushes. I waved and we gave each other the thumbs up. I happened to go by the square

again around noon and Tom was still working away in now well over 90 degree heat. This time I slowed down and reminded him about how hot it was outside and that he had been there since at least 8 a.m.

He shrugged and said "it's gotta be done and someone's got to do it."

Around 7 that night I again passed the POW/MIA Square on my way to a meeting. I couldn't believe it but Tom was finishing up — looking rather exhausted, stripped to his waist, covered in dirt and dripping with sweat.

This time I stopped and said "Tom what are you doing? Haven't you done quite enough for one day?"

Tom shrugged and again said "it's gotta be done and someone's got to do it."

What can you say? You can't make this stuff up — I guess you would have to know Tommy Wigmore to understand. Must be what they mean by "Wiggy Strong."

Even very nice communities like Cohasset don't especially deserve dedicated public servants and citizens like Tom Wigmore — though we certainly do seem to have our full share. What creates and motivates especially dedicated, loving and visionary public figures like Tom Wigmore takes a wiser person that I to explain. But I do know that when you are lucky, as we are, to have a Tommy Wigmore in your community then you should recognize them as a special gift and always thank them and support them and help them any way you can. After all, someone should do it; and that someone is us.

—Kevin McCarthy resides at 155 Fairoaks Lane and can be reached at: mccart9@gmail.com. Kevin is also a member of the Cohasset Board of Selectmen (BoS) but his above comments are his own personal views and are not attributable to the BoS.

LIBRARY KIDS

Big Ryan is here Saturday

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. For more information, call 781-383-1348.

CELEBRATE TAKE YOUR CHILD TO THE LIBRARY WITH BIG RYAN'S TALL TALES: Saturday, Feb. 7, 3 p.m. Join others in the Meeting Room for a family adventure. For more information about

the program go to www.bigrystaltale.com.

MAMASTEPH: Mondays, Feb. 9 and 23, at 10:30 a.m. Funded by the Friends of the Cohasset Library.

LEGO CLUB: Mondays, Feb. 9 and 23, at 4 p.m.

PUPPET STORY TIME WITH LEIGH AND FRIENDS:

Tuesdays, Feb. 10 and 24, 10:30 a.m., in the Story Room. Funded by the Friends of the Cohasset Library.

STORYTIME: Tuesday, Feb. 17, at 10:30 a.m., in the Story Room.

DROP IN CRAFTS: Thursdays, from 10:30 a.m. through 1:30 p.m., in the Story Room.

LIBRARY CORNER

'Pride & Prejudice' to be shown

Paul Pratt Memorial Library is at 35 Ripley Road. Call 781-383-1348 for more information or visit the website at www.cohassetlibrary.org.

MOVIE: Kick off winter break and celebrate Valentine's Day with the teen movie showing of "Pride & Prejudice" (2005) on Feb. 14. Keira Knightley, Rosemund Pike and Jena Malone star in this adaptation of the popular

novel and the standard by which all other romances are judged. Treats will be served.

SUNDAY AUTHOR TALK: Author Richard Primack will talk about his new book "Walden Warming" at 4 p.m. Sunday, Feb. 8. A wine and cheese reception and book signing will follow Primack's talk. Free admission. Seating is limited.

IPAD WORKSHOPS: Technology expert Katy Mayo will lead

two 2-hour workshops on how to use an iPad. The first session will take place from 6:30 to 8:30 p.m., on Thursday, Feb. 12. The second session will be from 6:30 to 8:30 p.m., Thursday, Feb. 26. Attend one or both. Bring an iPad for a hands-on experience. Sponsored by the Friends of the Cohasset Library.

ART EXHIBIT: South Shore Art Center will present an art exhibit by Tony Pilla at the library through Feb. 28.

ALZHEIMER'S JOURNEY

Support groups for those with early-onset dementia

Though people tend to associate Alzheimer's disease or other forms of dementia with older age, as many as five percent of the 5 million people living with Alzheimer's in the United States have been diagnosed with early-onset dementia, which typically manifests itself in people younger than 65.

In fact, the Alzheimer's Association estimates that there are between 220,000 and 640,000 people living with early-onset Alzheimer's or a related dementia in the U.S.

For those diagnosed, they often learn at 40 or 50 — and sometimes even younger — that they are in the early stages of dementia. This can be a particularly frightening and alienating experience — frightening, because of the uncertainty and knowledge that your memories will begin to fail, and alienating, because the diagnosis comes when most people feel like they are in the prime of life.

Though friends and family will try to help in the best way they can, sometimes those diagnosed need the unique support of people who are experiencing the same things they are, which is why I have been a long-time advocate of support groups.

Support groups are a wonderful way to show people they really aren't alone in their diagnosis, which can be a very powerful — and empowering — discovery. The groups can also give them the strength and courage to take



ALICIA SEAVER

control of their memory impairment.

A fulfilling part of my job as the executive director of a memory care community is hosting such support groups. During each meeting, participants are able to direct the flow of conversation and the agenda, so if one participant has something that's been bothering them, they are free to discuss the issue and gain feedback from the other participants. It's a system that is dedicated to support and honesty.

Outside of frustrations, participants are also able to share triumphs and things that have worked well for them and their family in the fight against dementia. This includes invaluable advice on handling the day to day of living with early-onset dementia and how each participant handles forgetting little details, like the names of friends, that others take for granted.

As a facilitator during these meetings, it's encouraging to see how thoughtful and empathetic participants are with each other. They are always quick to offer support, advice and reassurance and I've found that while participants meet each other for the first time in the support group, they quickly go on to forge friendships.

that are active outside of the group.

While participants are grateful to their friends and family for offering their love and care, having someone to laugh, cry and commiserate with who truly understands what you're going through is priceless.

At Bridges by EPOCH at Hingham, we are starting a monthly support group just for people with early-onset dementia. The group will meet on the last Thursday of each month at 5 p.m. and provide a forum for people in the early stages of memory impairment to share their experiences and hear from others going through the same thing.

The group will be a welcome addition to our support groups for people living with Alzheimer's and for their caregivers. To learn more, call 781-749-7114 or visit our website at www.bridgesbyepoch.com.

—Alicia Seaver is the executive director at Bridges by EPOCH in Hingham. In 2014 she received the Executive Director Excellence Award from the Massachusetts Assisted Living Facilities Association. She has 20+ years' experience in senior care and is certified by the Massachusetts Alzheimer's Association as an Alzheimer's/dementia trainer, support group facilitator and memory impairment specialist. She studied psychology at Springfield Technical College and Manatee Community College.

HEART SPOKEN

Before I throw them away

I don't have the kind of mind that would allow me to recall what I was doing on any given day, at any given time, in any given year. Not many people can claim to have that ability. What I do have is a stack of calendar journals, 30 years worth, stored in a closet, a closet I intend to clean out. I have a choice. I can close my eyes, remove them, and place them in a large bag destined for the recycle bin, without ever reviewing the contents. Or I can spend the next few hours immersed in reading them. Did I say I have a choice? I settle in for my trip down memory lane.

I'm the sort of person who selects a calendar each year based on specific criteria. It has to have a spiral binding, so I can leave it open to any given page. The paper needs to be easy to write on, not the glossy kind prone to pen smudges. I want enough room on each day's entry to write down appointments as well as thoughts, creating a kind of abbreviated diary. I choose covers that reflect my interests, flowers, photos and museums, to name a few. I like it organized by weeks, with a large monthly overview at the beginning of each month where I list the birthdays of family and friends. I prefer a certain size, not too big or too little, easy to store in my desk, or to carry in my pocketbook, albeit a roomy pocketbook.

While many people have made the transition to using calendars on electronic devices, I've resisted that change. Maybe it's because I feel technically challenged, or perhaps it's because I'd rather put my trust in pen and paper, or maybe I just have trouble breaking old habits.

Reading through 30 years, or ten thousand nine hundred and fifty days, is daunting to me, so I decide to focus on one date, my birthday, March 6. Having grown up in a family in which birthdays were a big deal, celebrated with home baked cakes, ice cream, cards, presents and friends, I always perceived it as a day to feel special.

I get sidetracked as I go through each journal over those 30 years, forgetting my intent to stick to my birthday, and stopping as I skim the pages to read notations about the big events, like weddings, graduations,



DIANE SNYDER

an "all about me" kind of day. Maybe that's why I'm surprised when I don't see an entry for 1985 or 1986. I must have celebrated, even if I didn't write anything down. In 1987, though, my notation, "Woodstock Inn" conjures up memories of a lovely cross-country skiing weekend in Vermont, with my husband Sam and I celebrating my fortieth. Less exciting March 6 entries over the years include taking my dog to the groomer, a doctor appointment to have a melanoma removed, a haircut, ice-skating with my daughter's brownie troop, and an appointment at the car dealership for a tune-up.

Often the celebration occurs on the weekend closest to my birthday, Sam and our three children joining in a chorus of "Happy Birthday to You" as a waiter or waitress approaches our table with a candle-lit cake. Another tradition emerges through the March entries, lunch dates with friends, mini-celebrations marking the date with the gift of friendship.

The 1996 notation says that eldest son Brett will be coming home from New York for the weekend, and that we'll have a double celebration, his birthday coming just over a week after mine. It's a bitter-sweet memory for me, knowing that Sam's life ended at the end of that month. Even the entry for 1997 is hard to read, my 50th birthday, dinner with my mother, children and extended family, celebrating with a heavy heart.

I get sidetracked as I go through each journal over those 30 years, forgetting my intent to stick to my birthday, and stopping as I skim the pages to read notations about the big events, like weddings, graduations,

births, and, sadly, losses. And pausing to read the ordinary, like taking children to the orthodontist, the dentist, scouts, music lessons, sports, dancing lessons, school conferences. Those notations decrease with each passing year, and each child leaving the nest, and me retiring from teaching, to be replaced by notations like "flying to California" when I visit my sons and their families, or "meeting at the senior center" or "knitting lesson" every Tuesday.

Almost half of my life is chronicled here, the realization striking me that I was a young mother in the earlier entries, often feeling overwhelmed by the number of tasks, appointments, errands, meetings, and responsibilities that filled every waking hour, and there were never enough waking hours to get it all done. And then I was a not quite middle-aged widowed single mother, trying to figure out how to keep up that routine and manage a household on my own. And with the turning of more pages, I see the senior version of me, living life at a different, but still active, pace, and, I admit, missing what life held in those earlier journals.

I used to think that the best was yet to come, but now I'm wondering if it came, and I almost missed it. There's a lesson in reading my calendars, a lesson about appreciating the most minor things that make up an ordinary, uneventful day. It's a lesson I hope to hold onto, even as I neatly stack the calendars into a box destined for recycling. It was never my intention to put calendars into the same category as tax returns, holding onto them for many more years than required. Maybe I thought I'd need to recall a place or time or date, but I don't. The gift is in knowing that the years have been rich, and their memories are forever.

—Diane Snyder is a Hingham resident and a regular Hingham Journalist columnist.

SELECTMEN

Youth Triathlon approved for July

By Erin Dale
edale@wickedlocal.com

In July, Cohasset youth will once again be able to give the "Tri" a try.

The second annual Cohasset Youth Triathlon was conditionally approved by the Board of Selectmen during the Tuesday, Feb. 3 meeting, pending an upcoming vote of the School Committee. Race co-founder Bill Burnett of Streamline Events, which puts on the Cohasset Triathlon for adults, said that he will seek approval from the school board at a meeting later this month.

Co-founder Deb Beal, a phys ed. teacher and coach at Cohasset-Middle High School, told the selectmen that the event idea came about during a dog walk last year when she bumped into Burnett and said she wanted to get her students more "engaged in physical activity and wellness." Since many residents, including Beal, participate in the adult

Triathlon each year, Beal wondered, "How can we mesh this together so students can participate?"

Burnett pitched the Youth Tri idea to Beal. "I thought it was awesome," she said.

Like the adult version of the event, the Youth Tri involves a swim, bike and run, with racers competing in three separate age groupings: ages 8 and under; 9 to 11; and 12 to 14.

Last year, Burnett said the event had around 200 kids participating; this year, participation could double.

"This was a very well-received event," said Beal, adding that the race directors "learned a few things we could tweak here and there" for this year.

The race, open to athletes ages 6 to 14, will be held on Saturday, July 11 from 8:15 to 11 a.m. at the Cohasset Swim Center, with parking at the Cohasset Music Circus, both located on Sohier Street. The street will be closed during the event, from the

intersection of Ripley Road to the entrance of Fair Oaks Lane. Burnett anticipates the road will be closed from approximately 8:15 to 10:30 a.m.

As part of the town's requirement for events, Burnett completed an event application form and submitted a safety plan for the race. This is especially necessary since the Greenbush commuter rail train tracks cuts across Sohier Street.

Burnett said that if a train passes during the two-hour race timeframe, "We're going to stop the event, and everyone will know the event will stop."

The safety plan is comprehensive, Burnett explained. So far the Music Circus, Swim Center, police, fire, recreation and public works departments have all signed off on the event. Burnett said that he plans to send a flyer to Sohier Street residents to inform them of the road closure; selectmen asked Burnett to do the same for

Fair Oaks residents, although Burnett said that Fair Oaks will still be open, and those turning out of the street will still be able to make a right, heading toward Route 3A.

There will also be an eight-foot opening in the center of Sohier for emergency vehicles, which was recommended by police and fire, said Burnett.

Streamline Events intern Christian Cunnin, a CHS senior who was also at the meeting, noted that last year the emergency lane was utilized, and that if anyone needs to access it during the race, they should notify the police. Also, "there will be police officers on both sides" of the train tracks on Sohier to ensure safety for the young athletes.

Selectman Karen Quigley said that while she thinks it's "great that so many children are interested in participating" in the triathlon, she is concerned over the "significant increase" in this year's numbers of participants. "This is a

large event," she said.

Burnett countered that the event is for a good cause, and will raise a "substantial amount" for the Swim Center. According to the event application, the plan is to donate \$1000 "or greater," including a donation to the center's summer maintenance and coverage for event staff during the race.

Quigley said the amount "doesn't look very significant to me," with 400 competitors being charged \$35 each to participate. Burnett explained that the money also goes toward paying for police and fire detail, portable restrooms, food, and t-shirts that are given to the participants.

"Frankly, this is our own good will," he said of the event. "This is for the kids in our community and the Swim Center."

Still, the board's vote to approve the event was unanimous (5-0), pending the school board's approval. Selectmen chair Diane

Kennedy said that the race directors must also agree to meet with public safety and any relevant town departments before the race "to let the town leadership and people that are working on the ground finesse this a little bit to meet the safety needs of the town."

Burnett agreed to have the meeting. "Absolutely."

Kennedy also encouraged the race directors to "be as communicative as possible and reach out to as many people as you can" regarding the road closures and other impact the race will have on the town. "I know it's cumbersome, but it makes a huge difference," she said. "I would also encourage you to do that well in advance of the race."

"We're here to do this for the kids, and for goodwill," Kennedy continued, "but safety is our number one priority."

Look for more on this issue in an upcoming edition of the Mariner.

BRIEFLY

'Go Red' for heart disease

In February, the color "red" means more than just hearts and valentines; it's also used to raise awareness.

The Harborview Center for Nursing and Rehabilitation in Cohasset has been running a GO RED campaign every Friday since January 5 to raise money for the American

Heart Association. The campaign ends today (Friday, Feb. 6).

Join Harborview in the fight against the nation's no. 1 and no. 4 killers, heart disease and stroke.

Harborview is asking the community to make a donation to the American Heart Association by stopping in to the center

at 1 Chief Justice Cushing Highway (Route 3A) on Monday, Feb. 2 through Friday, Feb. 6 from 10 a.m. to 3 p.m. to make a donation and receive a red heart, red bracelet, and a red heart cookie.

For more information, contact Carole Erickson at 781-383-9060.

UPDATE

CPC hearing continued

The Monday, Feb. 2 Community Preservation Committee (CPC) meeting was rescheduled for Monday, Feb. 9 at 7:30 p.m. due to Monday's snowstorm.

Town Hall was open Monday while Cohasset public schools were closed.

Next Monday's CPC meeting is the committee's annual public hearing. The CPC is required by state statute to hold a public

informational hearing each year, during which the committee will discuss the needs, possibilities and resources of the town regarding community preservation and accepting applications for potential CPC participation.

In addition to electing officers the night's business includes discussing potential Community Preservation projects such as restoring

the town flag, signage for the Sailing Club, and upgrading the veteran's memorial at Dennis Reardon Square.

Chairman Russ Bonetti said the meeting is also open to anyone who would like to come before the CPC to "discuss the viability of projects and procedures."

Look for more CPC coverage in an upcoming edition of the Mariner.

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Beacon Hill Roll Call

By Bob Katzen bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 40 -
Report No. 4
January 26-30, 2015

SENATOR ROBERT L. HEDLUND (R-Weymouth)
617-722-1646
Room 313C

REPRESENTATIVE GARETT J. BRADLEY (D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records local representatives votes on roll calls from the week of January 26-30. There were no rolls in the Senate last week.

HOUSE RULES FOR 2015-2016 SESSION (H 2015)

House 114-40, approved a set of rules under which the House will operate during the 2015-2016 session. Changes from the 2013-2014 session include eliminating the rule that prohibits any member from serving as speaker for more than eight consecutive years; requiring all House committee votes to be posted within 48 hours on the Legislature's website; and banning the taking of photographs and videos in the House chamber while the House is in session. Supporters said that these changes will make the House and its operations more transparent. Opponents objected to several provisions including abolishing term limits for the speaker. They said that some of the changes are a beginning but they do not go nearly far enough to really open up the House. (A "Yes" vote is for the rules package. A "No" vote is against it.)

TERM LIMITS FOR SPEAKER (H 2015)

House 45-110, voted against reinstating a rule that prohibits any member from serving as speaker for more than eight consecutive years. The rule was originally adopted by the House as part of a rules package that was approved in 2009. There was not a specific roll call vote on the limit itself in 2009. Elimination of the limit allows current House Speaker Robert DeLeo to run again for speaker in the 2017-2018 session and beyond. If the term limit had remained in place, the current 2015-2016 session would have been DeLeo's last. Speaker DeLeo was a champion of the eight-year limit when it was approved in January 2009. Last week he said that his position on term limits has "evolved" during his six-year tenure as speaker that began in 2009. "I wouldn't say I'm going back on my word as much as the fact that over six years, rightly or wrongly, I feel I have learned in terms of what the importance is of doing away with the term limits we have in the rules." Supporters of term limits said its elimination is a step backwards and a complete flip-flop that leads to cynicism and mistrust among voters. They argued that term limits prevent anyone from becoming "Speaker for Life." They noted that the indictments and convictions of the three prior speakers, Charlie Flaherty, Tom Finneran and Sal DiMasi, prove that too much power for too long is a problem. Opponents of term limits said this restriction would make a speaker serving his final two years a lame duck. They noted that it would reduce the speaker's power in dealing with Gov. Charlie Baker and Senate President Stan Rosenberg. (A "Yes" vote is for the eight-year term limit. A "No" vote is against the limit.)

LOCAL AID GUARANTEE BY MARCH 15 (H 2015)

House 38-118, rejected a rule requiring the House to annually adopt by March 15 resolutions stating the minimum amount of local aid that the Legislature will give to cities and towns for that year. Supporters said that cities and towns often do not know how much local aid they will receive until the Legislature approves the state budget in July. They noted that most communities assemble their local budgets in March and can better prepare if they know how much local aid they will receive. Opponents said the House Ways and Means Committee has not even crafted a budget proposal by March 15 and argued that minimum statutory increases in Chapter 70 Education Aid and the governor's budget, which precedes the House version, provide a good estimate to cities and towns. They said that being forced to set dollar figures for local aid too early can result in conservative estimates that are lower than what communities will actually receive. (A "Yes" vote is for the March 15 deadline. A "No" vote is against it.)

REQUIRE ROLL CALL VOTE TO APPROVE TAX HIKES (H 2015)

House 34-121, rejected a rule prohibiting the House from approving any tax hikes without a two-thirds roll call vote. The rule also would allow the House to approve tax hikes only up to 30 days prior to the deadline for filing nomination papers to run for a seat in the Legislature. The rule could be suspended by a two-thirds vote.

Supporters said this would ensure voters know how their legislators vote on any tax hikes and that taxes are hiked only if they have overwhelming support. They noted that it would also prevent what occurred several years ago when the House approved a \$1 billion-plus tax hike two days after the filing deadline for candidates who may have chosen to run for office if they knew an incumbent had voted for the tax hike. Opponents said this goes too far and the two-thirds requirement is unreasonable and would make it very difficult for the House to approve any tax hikes. They argued that the proposed rule is too broad because it applies equally to a \$10 fine and a \$1 billion tax hike. (A "Yes" vote is for the rule. A "No" vote is against it.)

PUT HOUSE COMMITTEE ROLL CALLS ON WEBSITE (H 2015)

House 155-0, approved a rule that would require all House committee votes to be posted within 48 hours on the Legislature's website. The current rule is vague and requires committee votes to be "kept in the offices of the committee and be available for public inspection."

Supporters said this long overdue proposal would give the public quick and easy access to the committee votes of their legislators. They noted under current rules, a person has to come to the Statehouse in Boston during regular business hours in order to obtain this information. (A "Yes" vote is for requiring that House committee votes be posted on the Legislature's website.)

EQUAL REPRESENTATION ON ETHICS COMMITTEE (H 2015)

House 35-120, rejected a rule that would change the current 11-member Ethics Committee to an eight-member one that would include four Democrats and four Republicans. Current rules provide for seven Democrats and only four Republicans on the 11-member committee.

Supporters said a balanced membership, regardless of which party controls the House, would create a truly bipartisan committee and ensure that investigations into any representative's or state worker's conduct are fair and nonpartisan. They noted that the U.S. Congress' Ethics Committee has an equal number of members from both parties.

Opponents said no one has challenged the fairness or integrity of the current Ethics Committee with its Democratic majority. They noted it is illogical to have an equal number of members from each party on the committee when the current makeup of the House membership is 124 Democrats and 34 Republicans. (A "Yes" vote is for requiring that House committee votes be posted on the Legislature's website.)

MAKE IT HARDER TO SHIP BUDGET AMENDMENTS OFF TO STUDY COMMITTEES (H 2015)

House 114-40, rejected a rule requiring a two-thirds vote to ship proposed amendments off to a study committee unless the sponsor of the original amendment agrees with conducting a study. The rule was designed to stop what Republicans describe as successful attempts by Speaker DeLeo and his Democratic leadership team to prevent Democratic members from having to vote directly against many GOP proposals including ones to reduce taxes.

Here's an example of how the GOP says it works: The Republicans offer a proposal to reduce the income tax from 5.3 percent back to 5 percent. If the Democratic leadership does nothing, there would be a roll call vote directly on the tax reduction. Most Democrats would vote against the reduction and then would be open to charges of being against tax relief.

Instead, a Democratic member offers a "delaying" amendment that would prohibit the tax reduction from taking effect until the Department of Revenue studies its economic impact. Under House rules, the amendment to study and delay the tax cut is voted upon first. If it passes, which it always does, no other amendments can be introduced and the original proposal that simply cuts the tax is dead without ever having a direct vote on it. Republicans say the studies are a sham because they are never done.

Some Democrats say the study is often a legitimate option to examine the impact of the tax reduction. Other Democrats acknowledge that the study is proposed to prevent a direct vote on the tax reduction.

Supporters of the rule said this Democratic ploy is used to confuse the voters. They argued that the new rule would at least give supporters of tax reduction amendments a better opportunity to successfully force a vote directly on the tax cuts.

Opponents of the rule said the current system has worked fine and argued that requiring a two-thirds majority for further amendments was simply another procedural delaying tactic by the minority party. They said that raising the bar to a two-thirds majority is a slippery slope that will lead to proposals to require a two-thirds vote for all kinds of legislation. (A "Yes" vote is for the rule requiring a two-thirds vote. A "No" vote is against the rule.)

Dramatic Club licensed to serve

Wine will be served during the Cohasset Dramatic Club's "Briefs" one-act play festival this weekend.

The Board of Selectmen approved two one-day liquor licenses for the Dramatic Club during the Tuesday, Feb. 3 selectmen meeting. "Briefs" is a festival of 10-minute plays being held at the Town Hall Theatre on Friday, Feb. 6 and Saturday, Feb. 7, both starting at 7:30 p.m. The play's \$20 tickets include cabaret-style seating, snacks, dessert and

beverages, including wine for adult patrons.

Cohasset Dramatic Club president Lisa Pratt told the selectmen that servers will only be pouring wine for individuals between 7:15 and 7:30 p.m., when the plays begin, and once again at intermission, after which "everything will be put away for the night. Also, there will not be any bottles left at tables or any 'open liquor' left on the premises.

Pratt said that this is the second time the Dramatic

Club has sought a temporary liquor license from the board; last year was the first for the "Briefs" festival. "It went well last year," said Pratt.

Selectmen vice-chair Steve Gaumer said he remembered the festival being "quite a success last year."

The board voted unanimously (5-0) in favor of issuing two one-day liquor licenses and to waive the event application fee, since the Dramatic Club is a non-profit organization.



David Wadsworth, far right, stands with the rest of the then Cohasset Town Hall Restoration Committee posing with one of the refurbished windows for Town Hall.

WICKED LOCAL PHOTO

WADSWORTH

From Page A1

to water."

Wadsworth developed a passion for history and research early on. In an April 2013 interview, he told the Mariner that his mother, Dorothy, was the family historian, and it rubbed off on him.

"I couldn't get away from it," he said at the time. "I got it from osmosis."

The history buff learned that his family owned a mackerel fishing fleet, the Tower Brothers Company, along the harbor where the Atlantica restaurant stands today. In fact, Cohasset's last mackerel schooner, The Charlotte — named for Wadsworth's great aunt, Charlotte Tower, who was head librarian when Wadsworth was a young student and hired him as a library page — was seized by Canadian customs near the Gulf of St. Lawrence.

Wadsworth would joke that he was scheming how to get the boat back. "I keep saying one of these days, I'm going to go up there and sail it back."

This is the type of story Wadsworth relished telling. Ed said that he would often tell his brother, "You're a string of anecdotes."

Becky Bates-McArthur of Cohasset's Historical Commission said of her fellow board member, "He had a wealth of information about the town and did a lot of work on the commission identifying information on old houses in town that are used by the state."

As archivist, Wadsworth was charged with organizing the town records in the Town Hall attic and cellar, as well as in an archived vault that moved from the high school to Town Hall in the '80s, where he said the town's "ancient records" were stored. Prior to his coming on board, Town Hall lacked a comprehensive storage system for public records.

Wadsworth was arguably the first in town to tackle this undertaking, working alongside two town clerks over the years, Marion Douglas and later Carol St. Pierre, Cohasset's current town clerk. One of his many accomplishments included organizing cards with records on every building on the town common from 1746 on, dating back to Cohasset's first Town Meeting in 1770, held in the First Parish Meetinghouse.

National Register

As a historical commissioner, Wadsworth researched and processed

several hundred applications for Cohasset properties for inclusion on the National Register of Historic Places. He was responsible for creating an inventory on historic properties in Cohasset that is "on file with the state," said Bates-McArthur, adding that the Historical Society has copies as well.

Ed said that he believes Cohasset's historical filings rival that of other towns in the state, thanks in large part to his brother's work. "It's a fantastic record of most of the houses in town that have achieved" a place on the Register, Ed explained. "Very few towns will be able to recapture the past as well as Cohasset, because David liked to do it."

After Wadsworth stepped down as town archivist in 2013 after 34 years, he continued working at the Historical Society once a week. Bates-McArthur said that people would often come in with a question about an old building in town, and Wadsworth would know all about it.

His ability to rattle off facts of the top of his head was something he was known for around town. Historical Society President Kathy O'Malley recalled, "He was very detailed; his memory was incredible. He was very factual," and had "nonstop stories" to share.

His love for history — and a gift of gab — will not be easily replaced at either the Historical Commission or Historical Society.

"If you're stumped and it's something historical, who do you go to?" said Ed. "Who's going to get those calls?"

Wadsworth was simply on another level, said Bates-McArthur. "It's going to take us a while to catch up to where he was," she said. "We're going to miss him."

Martha Horsefield of the Historical Society said that she has a "wonderful fond memory" of Wadsworth and the talks he would give on history at the Senior Center.

"He was so articulate and knew his history so well," she said. "He was a fascinating man... He'll be truly missed. He contributed so much, especially here at the Historical Society. It's a great loss."

"His family, Cohasset and the society have lost a treasure," said O'Malley, adding that the Society is "dedicating our next newsletter to him with tributes from a variety of people."

And when Ed asked if the family could hold a memorial service at the Historical Society's Pratt Building at a future date, "We readily

agreed," said O'Malley. It's what Wadsworth would have wanted, said Ed. The family is also asking for those who would like to give in memory of Wadsworth to make a donation to the Historical Society.

"It shows the emphasis in his life," said Ed. Wadsworth prided himself on being a caretaker of Cohasset's historic past. He told the Mariner in 2013 that every day after work, he would take the same drive through town to make sure every historic property was properly maintained, in its proper place.

"I'd always take a spin on Forest Avenue around the shore to see that every early house is right where it should be," he said at the time.

"He kept that up," Ed said of his brother, until Wadsworth became ill in December. And many times, the brothers followed that tradition together.

"He worked Wednesdays at the Historical Society; I'd pick him up and we'd always make our tour" around town "to make sure nothing untoward had happened" to Wadsworth's beloved buildings, said Ed.

Wadsworth also had a passion for baseball and theater. He played the sport in his younger days, and although he was not necessarily a good ballplayer, according to his brother, he was an "enthusiastic" one. He was also part of the Cohasset Dramatic Club, both as an actor and behind the scenes as a "prop man and stage hand."

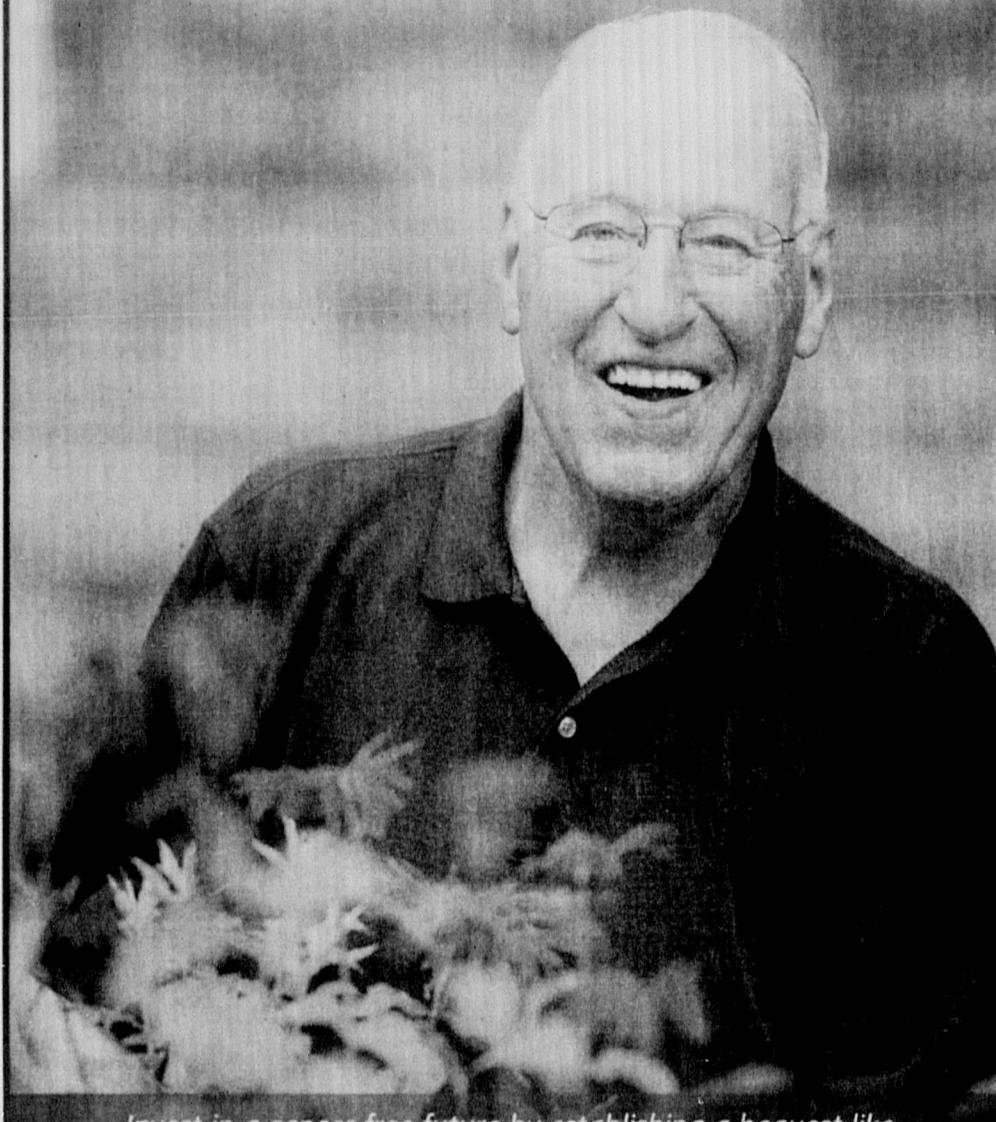
But his legacy will remain in his archiving of town history — through his work with the town records, numerous pamphlets he wrote for the Historical Society, and many articles he contributed to the Society's newsletter, the Cohasset Mariner and, before that, the South Shore Mirror.

"I think Cohasset has been very fortunate" to have had such a historian living in town, said Ed. "He lived and breathed history."

Wadsworth will also live on in the episodes of "Living Histories" he filmed for the Cohasset cable TV station, a series he started in the '90s alongside Burt Pratt, said O'Malley. "We have living histories of David through the years."

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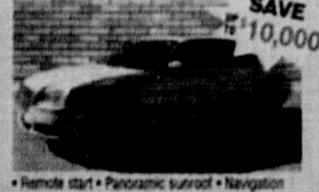
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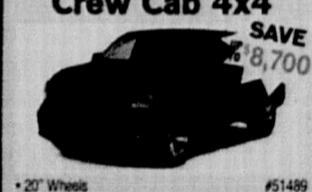
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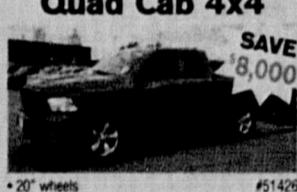
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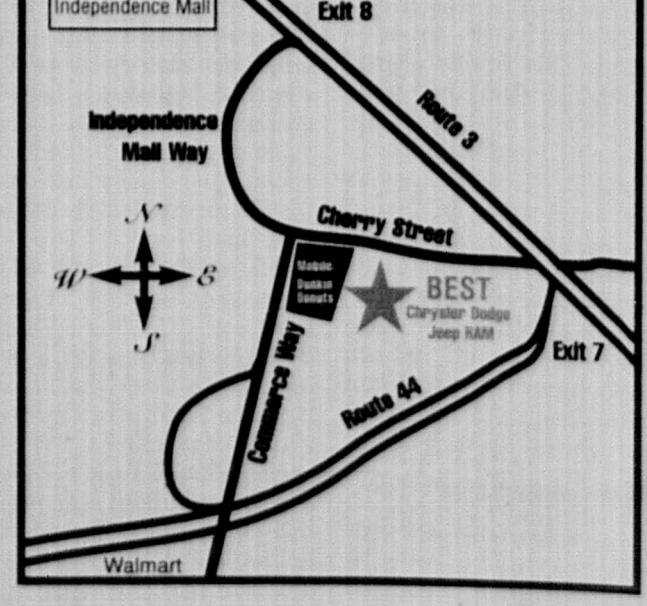
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SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES



Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Coaches, players, parents, please send your stories, photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy.

COLLEGE LACROSSE

Kissick captain

Congratulations to Cohasset alum and former Skipper lacrosse captain Jake Kissick for being named a captain at Division 1 Siena for the 2015 season.

Sports Schedule

Friday, Feb. 6
Girls Basketball
 vs Monomoy, 6:30pm

Boys Basketball
 at Monomoy, 6:30pm

Saturday, Feb. 7
Ski Team
 Ragged Mountain Combined Race 9:30 a.m.

Wrestling
 vs Josiah Quincy 10 a.m.

Girls Hockey
 vs King Phillip, 12:45 p.m.

Zapustas Rink, Randolph

Boys Hockey
 vs Swampscott 8 p.m. Connell Rink, Weymouth

Gymnastics
 Cranberry Conference Meet

Spectrum Gym, Brockton

TBA

Sunday, Feb. 8
Girls Swim
 MIAA South / Central Sectionals 3 p.m. Chandler Pool, Wellesley College

Girls Basketball
 vs Norwell, 6:30 p.m.

Boys Hockey
 at Hull/Middleboro, 5:20 p.m.

Bridgewater Ice Arena

YOUTH BASEBALL

Hingham Harbormen Baseball Clinic

The Hingham High School baseball team, with State Champion coach Frank Niles, will host a baseball clinic open to all players Age 8 to Grade 8 the week of Feb. 20 from 3 p.m. to 6 p.m.

The clinic will be at Cohasset Sports Complex, 34 Crocker Lane, Cohasset.

The cost is \$75 per player.

Make checks payable to: Hingham Baseball Boosters and mail to Allyson Lussier, 264 South Street, Hingham, MA 02043.

For more information, email hhsbaseball2015@gmail.com

Complimentary pizza and refreshments will be served.

ROWING

36th Annual Snow Row

The Hull Lifesaving Museum's signature rowing race, The Snow Row, is running for the 36th year on March 7, at the very tip of Hull's peninsula at the museum's Windmill Point Boathouse. But, hold on, the fun begins the night before, on Friday, March 6, with the 5th annual Snow Ball - the most informal and affordable "ball" anyone will attend this year.

SEE NOTES, B3

BOYS BASKETBALL

Full steam ahead

Healthy hoopsters ready for home stretch

By William Wassersug
wwassersug@wickedlocal.com

For the past several years, coinciding with the arrival of coach Bo Ruggiero, losing streaks have not been part of the vocabulary when talking about the Cohasset High School boys basketball team.

For the most part, it still isn't, and when it comes to those types of things, a three-game slide is a big number.

That's why it was a bit of a surprise to look at the numbers a few weeks back and see that the Skippers had lost three in a row.

Fortunately, that slide is over and Cohasset is back on the winning track it started the season on, and is ready to take it to the next level the rest of the way.

With two wins in their last two games, Cohasset accomplished one of its most important goals - qualifying for the MIAA Tournament.

The skid ended January 23 with a 66-45 win over Hull, and continued with win No. 10 in a big 70-60 victory over Mashpee, Saturday.

"We beat Mashpee Saturday night and it was our tenth win," Ruggiero said. "We qualified for the State Tournament for the fifth year in a row and the sixth in the seven years I've been at Cohasset."

Both wins were big for different reasons.

The Hull game was the end of the slide, and Mashpee was a bit of redemption for a loss to Mashpee a few weeks back.

"We played poorly the first time we played them," Ruggiero said. "We were out-hustled. We don't get out-hustled very often. We learned a valuable lesson. It's not how we do things."

The win on Saturday improved the Skippers to 10-3, 6-3 in the league, and set up the final stretch.

"We have seven games left," Ruggiero said. "We're looking to win as many as we can. We're the defending champion of the Big League. We're in first now and with the snow play an NBA schedule. Play a game, short practice, play a game, short practice. Everyone is in the same boat. Physically we're in good shape and our

spirits are high. Our injuries have healed. We're ready to go."

The two wins had many high points.

"Harrison Martin had his best game of the year Saturday," Ruggiero said. "He had 29 points and was 18-of-20 from the free throw line. We had a 21-point lead at halftime and in the closing minutes put our future players in."

Along with Martin, Alex Norton had a big game, scoring 18 points, while Teddy Craven and Jack Hoffman each had 9 points. Pat Federle added 6 points and freshman center Chase Bomeisler added 5 strong rebounds.

"After those three losses we really needed to get back on track," Federle said to Cohasset Mariner contributor and team manager Christian Cunnie. "Winning on the road in Hull was a great team effort, and getting revenge against Mashpee allowed us to achieve our first goal of making the tournament."

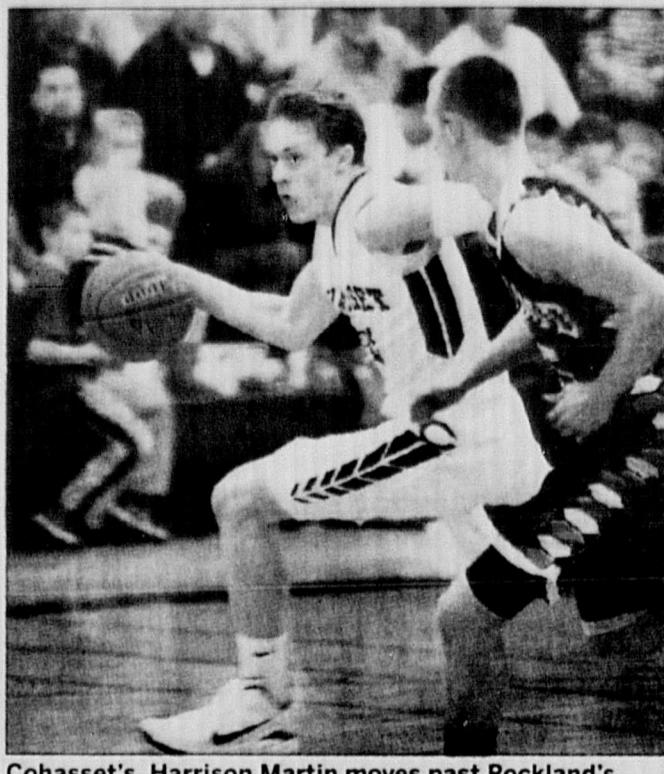
Craven offered similar sentiments.

"The season has been solid overall," he said. "We had a tough three-game losing streak but that's behind us. The Skippers have four

MORE INSIDE

- Theatre, B6
- Healthy Living, B10, B11
- Food, B12

- Police/Fire Log, B13
- Puzzles, B14
- Calendar, B15



Cohasset's Harrison Martin moves past Rockland's Andrew Frazer earlier this season. Martin had his best game of the season on Saturday with 29 points against Mashpee. WICKED LOCAL PHOTO/GARY HIGGINS

The snow days have messed our schedule up a little but we gotta stay focussed to win the league."

Norton led the scoring in the Hull game, netting 23 points, while Martin chipped in 17.

Hoffman added 13 and Federle dropped in 4.

Defensively, Craven had a big game with five defensive rebounds, 7 assists and 2 offensive rebounds.

The Skippers have four

league games remaining, starting tonight on the road against Monomoy.

The Skippers continue at Southeast Regional Tuesday and host Hull next Friday, followed by a home makeup game, Sunday Feb. 15 against Norwell.

The Tournament is slated to begin Feb. 24.

Thanks to Christian Cunnie, who contributed to this story.

GYMNASICS

Amazing meet

Gymnasts battle NDA

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset/Norwell gymnastics team has been working hard and getting solid results, win or lose.

In recent action Friday, Cohasset/Norwell (5-3) had an impressive performance against Notre Dame Academy in a 140-126 loss.

"We just had a meet on Friday against NDA," coach Nancy Durkin said. "Although we lost, a lot of us had amazing meet. We were missing three girls due to illness, two of which are our best gymnasts on beam."

Sophomore Claire Brookbank had her best meet to date, with personal bests on three out of four events (vault, beam and floor). She also had a personal best in the All-Around as well.

"She has been improving every meet and has really been stepping up in every aspect," Durkin said.

The team had a tri-meet Wednesday night with Mashpee/Falmouth and Hanover and Thayer, yesterday (results of both were unavailable at press-time).

The All-League Meet is Saturday at Spectrum Gymnastics in Brockton.

In the NDA meet, freshman Katie Maescher led the vault with a 7.25, while freshman Montanna Cassel scored a 7.6.

Hayley Risk scored 7.75, Jackie Green had an 8.35. Emma Basso had a season-high 8.5 and Brookbank's 8.75 was a personal best.

On the bars, Durkin said it was a little rocky.

Jackie Greene competed on bars for the first time and got a 6.6, while Livvy Rober hit 6.9 and Brookbank notched a 7.8.

On the beam, Cohasset/Hanover had a couple of falls but Freshman Montanna Cassel pulled through and helped out

SWIMMING

Heating up the pool

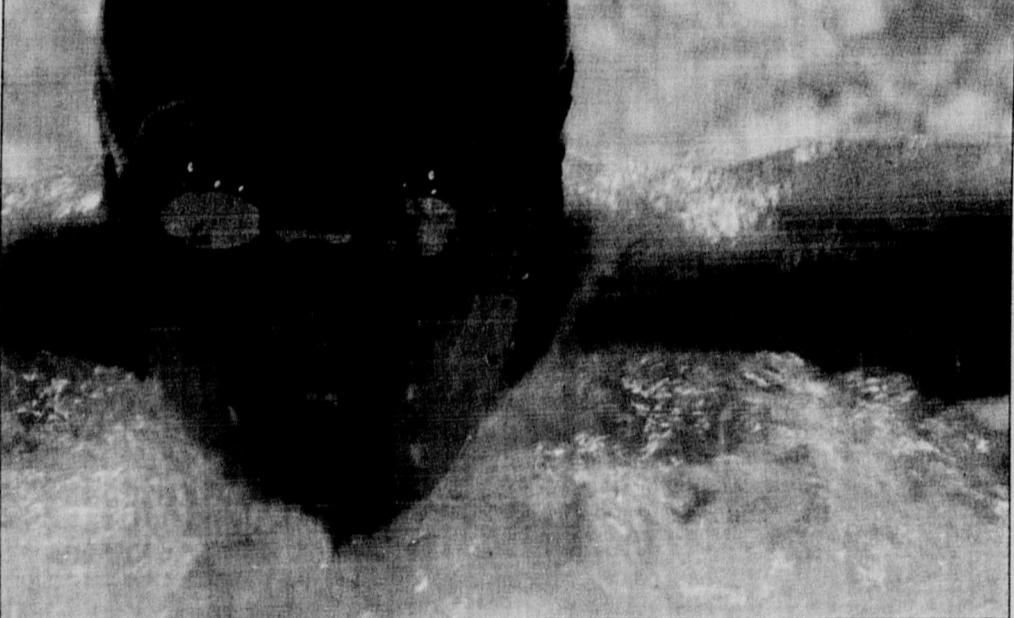
Boys win League Meet, girls finish second

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset swim team faced some big hurdles this season, mostly due to numbers.

The Skippers boys team only had six swimmers, but when it counted, Cohasset's boys pulled together, winning the South Shore League Meet last weekend at Brandeis, while the girls finished second.

"Typically we have smaller numbers," Cohasset set coach Torrey Hart said. "The boys only have six, but they pulled together and



SEE SWIM, B2 Cohasset senior captain Luke Norton. COURTESY PHOTO/EVA HABER

BOYS HOCKEY

Icemen Tournament bound

Skippers notch two huge wins to qualify

By William Wassersug
wwassersug@wickedlocal.com

shorthanded goal in the second period.

Adam Benson added one in the third period to close the scoring.

Before the E.B. win, the Skippers picked up a huge 7-0 win over Rockland in a South Shore League contest.

Golden and sophomore Aidan McHugh each potted two goals in the win.

The Skippers erupted for four goals in the second period to break open a tight game that was 1-0 at the end of the first frame.

Curtis Golden notched two first-period goals to get the Skippers started, and Cole Joslin added a

Ambrose scored solo goals as Cohasset upped their overall record to 8-2-4 and qualified for the tournament.

Junior Matt Legge and Joslin each chipped in with two assists and McHugh earned his third shutout of the season.

"This was probably our most complete effort of the season," Cohasset coach Phil Mahoney said of the Rockland win. "Rockland skates hard and is a very aggressive team. We challenged our players to match Rockland's intensity while maintaining their composure and discipline. We were accountable in our defensive end and

moved the puck well through the neutral zone and as a result, we transitioned to offense with speed and overwhelmed Rockland at times."

Hard skating was a big key.

"We pressured the puck continuously and generated some quality scoring opportunities with our forecheck," Mahoney said. "The coaching staff was very happy with the work of all three lines and with all of them figuring in the scoring, they showed the type of balance that we want as a team as we make our second run through the league and look forward to the state tournament."

GIRLS BASKETBALL

Girls knock off Carver

By William Wassersug
wwassersug@wickedlocal.com

turnaround from the last time the teams played last week when the league leading Crusaders beat them.

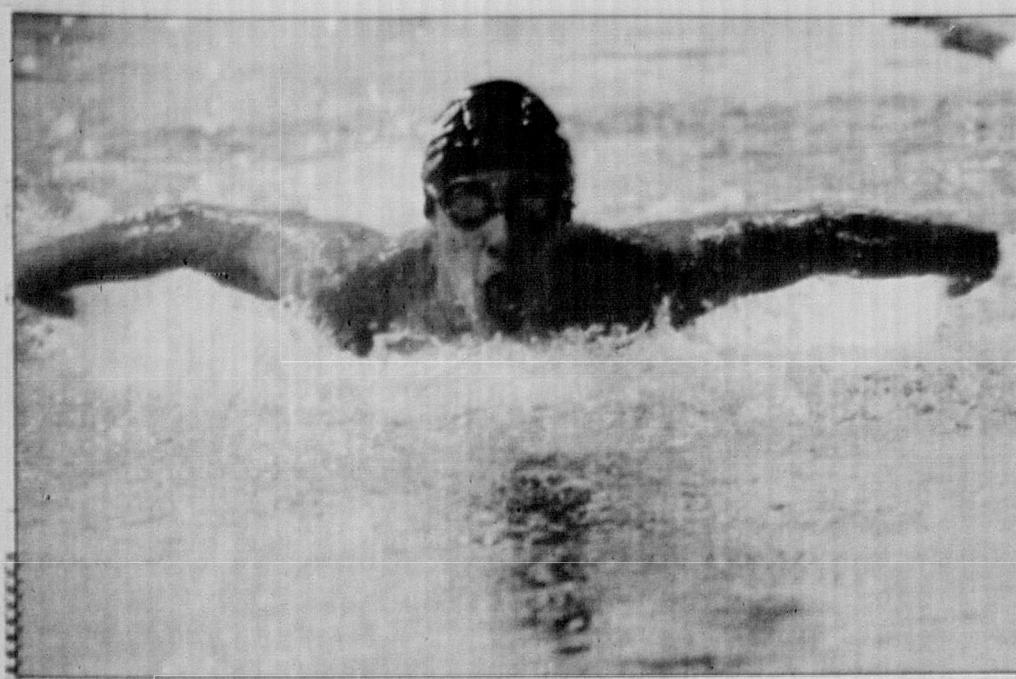
See more photos on B3.



Cohasset's Emily Rosano looks to drive to the hoop during the Skippers' 44-27 win over Carver, Wednesday.

WICKED LOCAL PHOTO/WILLIAM WASSERSUG

SEE GYMNASTICS, B3



Cohasset's Lavente Haber was one of six swimmers on the boys team. COURTESY PHOTOS/EVA HABER



Cohasset senior captain Erin Driscoll.



The Cohasset girls swim team gets together for a photo during a meet this season.



The Cohasset swim team has had a successful season.

SWIM

From Page B1

finished strong."

Hart said the boys gave a stellar effort in practices before the big meet.

"Everyone pulled first,

second and third," she said.

"That was amazing. The 100 breast and 100 backstroke were big for us. During the last couple of weeks of the season, we focused on them, dropped a lot of time and pulled second and third in the breast and second and fifth in the back. Those were points we hadn't focused on during the regular season."

"Those points really mattered, because the boys won by four points. It was a nail-biter."

"The boys were tied with Norwell for fewest boys. It

was really hard to compete with bigger teams. We had to pull first, second and third, but don't have the luxury to put a lot of boys in each event."

The Cohasset boys finished with 235 points, while

Rockland was second with 231 points. Norwell's 226

points were good for third and Randolph was fourth with .210 points

Hart was pleased with the team.

"I'm thrilled," she said.

"They're really good kids, a pleasure to be around. They really care about each other. This week we had optional practices. Only the kids moving on had to be there, but almost everyone showed up. They all wanted to take advantage of the time to improve themselves, and to support their friends. They

all like to swim."

The boys team was captains, Luke Norton and Lavente Haber, Max Nakashima, Sam Crumley, Ben Moy and Joseph Wellmann.

"Wellmann is a freshman with a huge future."

"Joseph finished first in the 50 free," Hart said. "He's a freshman who has been on the team since eighth grade. He's an experienced club swimmer, great to have. He's also very versatile."

Moy stepped in to help out in one of the tougher events.

"Ben is a pleasure to have on the team," Hart said.

"I've been relying on him to swim the 500. That's one of the toughest events. He finished second at the League Meet. That was a big accomplishment."

Nakashima was also a big help.

"This is only his second year ever swimming," Hart said. "He was second in the league in the breast stroke. He's got a lot of dedication and it showed."

For the girls, six swimmers have qualified to move to the next level.

Grace Basile has qualified to swim in the relay in Sectionals, while freshman Lena Welch will go to Sectionals with the 200 medley relay and the 100 breaststroke. Basile is also set to swim at States in the 100 breast.

"Lena is a freshman in her first year on the team," Hart said. "She's an experienced club swimmer too."

Nicky Tolosko qualified for Sectionals in the 50 freestyle, and finished first overall at the league meet.

"Nicky takes it very seriously," Hart said. "She's a very hard worker."

Hart said the team has had great leadership.

"We have 21 underclassmen and only four upperclassmen so the team has to rely heavily on the underclassmen to step up and swim some hard races," she said. "Jacqueline Hart (captain) Christine Guinee and Erin Driscoll are the only seniors. They really stepped up. Hey swam some races that they weren't used to, and early in the season when the younger kids needed help, they were right there to help and support them. They did a great job."

Among the younger swimmers, eighth grader Hanna Burnett was a big help, finishing second in the 100 and 200 freestyle at the league meet.

Hart said being part of the team is a big plus.

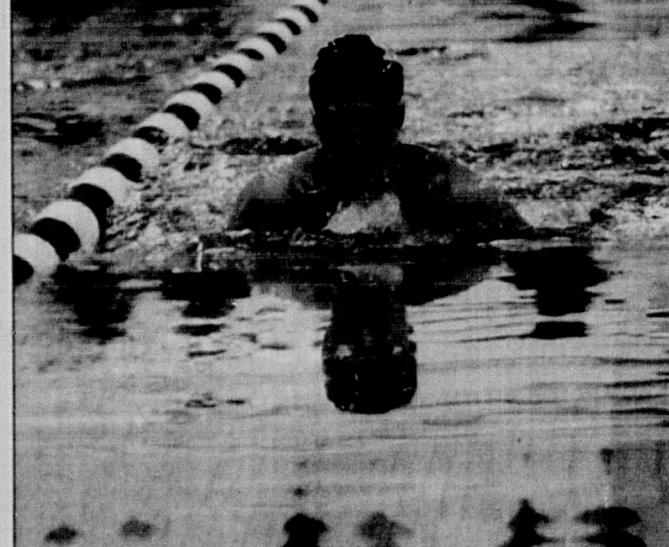
"The kids are awesome," she said, adding that the boys and girls teams work together. "I love seeing them transform from where they were at the beginning of the season to the end. There's a transformation. You see kids gaining confidence from being part of a team, and there's a dynamic of inclusion. Everyone gets to swim and has a spot on the team. There's friendship and camaraderie created."



The Cohasset boys swim team is: Sam Crumley, Max Nakashima, Joseph Wellman, Lavente Haber, Luke Norton and Ben Moy.



Cohasset varsity swim team seniors Christine Guinee, Jacqueline Hart and Erin Driscoll.



Cohasset senior captain Jacqueline Hart.

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PHOTO PROJECT

Local photographer looking for help with 2015 Marathon themed photo project

Fitness photographer Lucie Wicker is currently looking for participants to be a part of her 2015 photography project entitled "Why I Run." The photographs feature environmental portraits of runners training for the 2015 Boston Marathon who live and train in the

South Shore area. Their personal stories who they are and why they run will be featured along with their portraits. This project is an extension of one started in 2014 featuring runners who live and train in the Boston area. The photographs

and stories were displayed for the month of April at Sweetgreen located beside the finish line of the marathon on Boylston Street.

Wicker moved from Boston to the South Shore in the summer of 2015 and wanted to feature her new area in this year's project.

"For 2015, I would like to work with people who are training in my new community as a way to get to know more local runners and explore areas that are new to me where they run," she says. She currently has 6 runners from signed up and is looking to add approximately 10-15

more before mid-April. Lucie Wicker is a commercial and editorial photographer who specializes in fitness lifestyle photography. Her clients include many fitness professionals, facilities, and apparel companies based in New England. For more

information about the project, please visit the website: <http://www.luciewicker.com/2014/12/whyirunbostonmarathon2015photo.html>

You can also email her at: lucie@luciewickerphotography.com.

Girls knock off Carver



(Above) Cohasset's Emily Rosano plays some defense against Carver, Wednesday night at the SkipperDome. WICKED LOCAL PHOTOS/WILLIAM WASSERSUG



Cohasset's Meg Rosano drives on Wednesday night against Carver. Cohasset won 44-27.



(Right) Cohasset's Kerry Dunn brings the ball up during Wednesday night's 44-27 win over Carver.

GYMNASICS

From Page B1

with a 6.7.

Basso added a season-high 8.1 and Picot tied her season-high with an 8.2. Brookbank's 8.3 was a personal best.

On the floor Greene competed floor for the first time and got a 7.9, matching Picot's 7.9.

Rober had a personal best 8.25, Basso's 8.4 was a season high and Brookbank scored a personal best 8.9.

In the All Around, Basso had a 31.6, and Brookbank's 33.75 was a personal best.

Cohasset's Claire Brookbank on the beam. COURTESY PHOTO/MONTANNA CASSEL



NOTES

From Page B1

The race starts at 11 a.m. with a Coxswains' meeting at 10:15 a.m.

Registration is from 8:30 a.m. to 10 a.m. at Windmill Point Boathouse, 185 Main Street in Hull.

The cost is \$25 for Racers; Beach Spectators Free.

Contact the Hull Lifesaving Museum, 781-925-5433 for more information.

The race covers a 3 1/4 mile triangular course starting and ending off the beach at the tip of Hull, at Windmill Point. Huge crowds gather to share in the excitement of the wild, one-of-a-kind LeMans-style start, unpredictable weather, and huge gathering of gorgeous boats and athletes (over 100 boats participating!). Entirely within view of the Boathouse, the event is as much

of a thrill for spectators as for participants - a rare opportunity to see, up close, rowers of all ages from all over New England, New York, and along the East Coast, and their stunning array of wooden pulling boats -- peapods, dories, wherries, whitehalls, ocean shells, kayaks, pilot gigs, captain's gigs, and Irish currachs.

Back by popular demand, the Snow Row Spectator Boat, Boston Harbor Cruise catamaran Aurora, is a perfect spot to follow the wild and wooly Snow Row from start to finish. Boarding begins at 10:00 a.m. at Pemberton Pier in Hull with the boat shoving off at 10:45 to witness the one-of-a-kind LeMans racing start. Spectator boat tickets are available online at http://www.lifesavingmuseum.org/museumshop_c375955.html or are available on race day at the pier.



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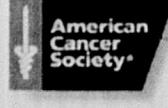
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CAMP, SCHOOL AND ACTIVITIES DIRECTORY

SHOPPING FOR SUMMER CAMP ONLINE & IN PERSON

By Bette Bussel, Executive Director, American Camp Association, New England

Online camp shopping is a good idea! Especially if you didn't go to camp yourself or if you are not familiar with what's out there these days. ACA's New England's Find a Camp search tool has been designed to be a one-stop shop for day or overnight summer camp. Find the tool at <http://www.acanewengland.org/members-member-home/aca-new-englands-virtual-camp-fair>

• Visit our virtual camp fair

Expect to do everything families can do at in-person camp fairs—

and more. Live chat with camp representatives, view videos and photos, browse camp websites and reviews, and learn all from the comfort of home or a favorite computer. Families throughout the US and around the world in addition to around the region choose New England camps. We've chosen this virtual platform to serve families focused on finding camps in New England. This is a unique and fun opportunity to learn about camps and find the right one for your child without having to

leave the house. The camp fair will be open February 8th from 1:00 pm to 5:00 pm, and Feb 9th from 4:00 pm to 8:00 pm.

• Visit camp websites

and from the results page of the "Find a Camp" online search tool, from online camp directories, and from any basic search engine. And once you're on a camp website, you can learn a great deal. Do pay attention to session length and activities and all your family's important search criteria. But, try to learn a little deeper and explore each camp's website and its facilities. Check out the photos—they tell a lot about what the camp looks like, what campers do there, and about what's important in this particular camp. Watch the videos, read the newsletters or the blog written by the director, and even check out their social media.

• Online ratings and reviews for camps are not always accurate

You might be used to checking ratings and reviews for products, restaurants, or hotels, but for camps, online ratings and

reviews are much more random. Our advice is: if you want to hear about a camp, talk with the camp representatives and with families whose children have attended that camp.

• Camp shopping in person is equally important. Camp people are easy to find and contact in the winter! They are interested in speaking with prospective campers and families. Seek camp representatives out at Camp Fairs and Open Houses and watch as they interact with your child. For a list of Open Houses and Camp Fairs, visit the website www.acanewengland.org/members-member-home/aca-new-englands-virtual-camp-fair. We strongly recommend speaking with camp representatives, either in person or on the phone.

• Visit the Camp

We recommend beginning your search early enough so that you can visit finalist camps when they are in session during the summer before you plan to send your child. Seeing staff and campers interacting at the camp can help influence your final decision.

• Word of Mouth

This can be crucial in camp decision-making. Ask the camp to provide you with references—preferably from the same camp as yours or people in your city, town or school. Ask these parents your questions that were not answered by your website review or by the camp's personnel. Ask people you know (school personnel and classmates, parents, neighbors, and the director of the after school program, to name a few) what they know about the camp. This information can inform your search much more than online reviews and ratings.

• Camp reviews

Reviews are a great way to learn about a camp, but they are not always accurate. We strongly recommend speaking with camp representatives, either in person or on the phone.

• Online ratings and reviews for camps are not always accurate

You might be used to checking ratings and reviews for products, restaurants, or hotels, but for camps, online ratings and

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Selectmen split over commission appointment

Vogelman appointed as full member

By Erin Dale
edale@wickedlocal.com

What seemed like a routine appointment of an associate board member to a full position led to a contentious, split vote among the Board of Selectmen Tuesday night.

With a vacancy to fill on the Conservation Commission, selectmen chair Diane Kennedy asked the rest of the board to approve appointing associate (non-voting) commissioner Patrice Vogelman to a full member position, in order to complete the remainder of former member David Farrag's term. Farrag resigned from his membership in December.

However, selectman Martha Gjesteby, who acts as the board liaison to the Conservation Commission, took offense that neither Kennedy, nor Con Com chairman Jack Creighton, consulted her first.

"This is news to me," Gjesteby said at the meeting Tuesday.

Kennedy said that she reached out to Creighton as soon as she learned of the opening on the board; Gjesteby said, "I should have" instead.

"You're not supposed to take it over, unless you conversed with me," Gjesteby said to Kennedy. "I'm very concerned about the whole thing."

Selectmen vice-chair Steve Gaumer challenged

Gjesteby, saying it's not the liaison's role to fill a board vacancy. "You're liaison, not commander," said Gaumer.

Things got more heated as the merits of promoting Vogelman to the full term, versus the commission's other associate, Justin Pimpire.

Gjesteby recalled the July 1, 2014 selectmen meeting during which Vogelman and Pimpire were both voted in as associates. Gjesteby noted that the board voted for the two over other applicant Dr. William Henry, a former associate whose two-year seat was up for reappointment, who said he would defer to Pimpire, an engineer.

After spending two and a half years as liaison, Gjesteby said she was sorry when Farrag resigned "because I like a board that... has people that have expertise in that field... I agree with Dr. Henry that we need an engineer, and Mr. Pimpire is a government engineer."

Gjesteby further argued that since Pimpire's appointment garnered unanimous (5-0) approval from the selectmen in July, he should have been appointed as a full member instead of Vogelman, a marketing manager for Verizon, who was appointed with a 3-2 vote last year.

"I called a member of the board who heard from the chair it was the other way around," Gjesteby said of the appointment. "I'm

concerned with this whole selection process."

Kennedy said, again, "There was a vacancy, and my goal was to get it filled as quickly as we can. I reached out to the chair of the conservation commission to speak to the associate members and bring [a recommendation] before the board. I understand he reached out to both associate members and wanted to recommend Patrice Vogelman to the full position."

Creighton said that he did reach out to both associates, and both have "worked very hard" on the commission and are "excellent associates."

"They've both done very well," Creighton continued, adding that Vogelman put together a study on an enforcement regulation, something she is familiar with from her work with Verizon. "Patrice has a strong regulatory background... It's very important to understand the conservation commission is a regulatory body... administering and enforcing regulations that have been made by the state and town," said Creighton. "She brings [that] skill set."

The Con Com chair said that another full member seat is opening up in the spring, and Pimpire could be promoted then.

"I spoke with both associates and the decision was made in conjunction with me and the associates that we would recommend Patrice be appointed at this

vacancy and Jay would be appointed in the spring," said Creighton, adding that he considers Pimpire a friend and told him, "I don't want to put words in your mouth," asking if he could indicate to the selectmen that this was also Pimpire's decision. Creighton added that there could be no controversy, and the selectmen could not appoint Pimpire if he did not put his name forward.

The commission "has had quite enough controversy, and needs to focus on the duties of the conservation commission," said Creighton.

Controversy

Selectman Karen Quigley noted, however, that over the years "there has been a lot of controversy surrounding the conservation commission."

Quigley referred to an incident in the summer of 2011, when three longstanding commissioners were unexpectedly ousted by a selectmen vote.

Not appointing Pimpire to the full member position is a "missed opportunity," said Quigley, given his credentials as an engineer working for the Environmental Protection Agency (EPA).

"I would've looked at this as an opportunity for the board of selectmen, a positive step appointing Justin Pimpire to the commission, and a positive step in restoring integrity and public confidence," said Quigley, adding, "Many people in

this community lost confidence in the conservation commission years ago."

Rather, Quigley felt this appointment was "what many will view as a political appointment."

Kennedy noted that the Con Com controversy Quigley referred to "is over three and a half years old," and it's time to move on. "I was as disappointed in that night as anybody, but that was 2011; for better or worse, the conservation commission has stayed the course and is doing the best they can with the talents of citizens in town. I wish some of those that went off [the commission] would consider going back on," she added.

Kennedy stood by the appointment process. "I reached out, there was an opening on the committee... I was told Justin wasn't putting his name forward and I trusted that was the case." Gjesteby said she was still "appalled by this."

"I should've brought the nominee here... this is not in process by the book," she said. "There's no excuse for this... To do this kind of thing is an outrage to the town."

Gaumer questioned whether Gjesteby was upset about the appointment itself, or upset because it wasn't hers.

"As a liaison, we are a conduit - nothing more... Your job as a liaison is not to bring anything except information," said Gaumer, adding he was "getting

angry" as Kennedy tried to move the topic along. Gaumer said he "would like the floor."

The Con Com, he continued, is an independent body. "We have no authority to make selections" for the commission. Gaumer addressed Gjesteby, "You are an audience member at their meetings; you don't have a vote."

Gjesteby insisted, "The chairman works with the liaison, and I will bring it to the board...not the other way around." She told Kennedy she was surprised to see this appointment on the board's meeting agenda when it was issued last Friday. Kennedy said she wished Gjesteby had called her to which Gjesteby responded that she called Kennedy Friday and left a message. Kennedy said she "did not get a message."

"It's just communication," said Gjesteby.

Kennedy urged the board to "keep it civil."

"We have someone serving this community very well; if you have issue with me as chairman I'll take it and we discuss it... I want to focus on doing right thing and advancing this," said Kennedy.

The selectmen voted 3-1 to approve Vogelman's appointment, with Quigley voting in the negative while Gjesteby abstained "because of the process."

Look for more on this issue in an upcoming edition of the Mariner.

CMHS

Career Night plans underway

A big part of educating children involves post secondary planning. Community members can be a tremendous resource to students going through this process. As part of an ongoing effort to support students

as they ponder future study and explore career paths a joint community venture to sponsor a Career Night for Cohasset Middle High School students is being formulated.

Local professionals from all career paths are needed

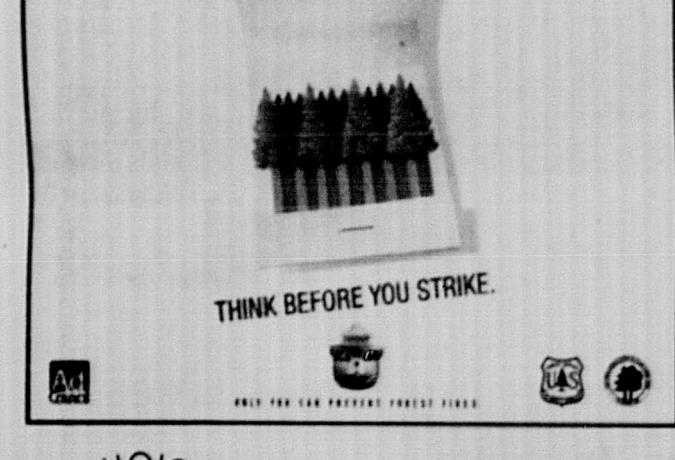
to serve as a resource for students and participate in the first Career Night on Tuesday, March 10, at Cohasset Middle High School. Featured will be a panel discussion where people can share stories on how they got to where they

are and the unexpected turns taken to get there.

Those who wish to participate can contact committee chair Ellen Maher at ellen-maher63@comcast.net or call 781-383-9513 and leave a message.

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Ballot Board



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Ballots must be received by Wednesday, February 11, 2015 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 22nd.



Wicked Local Favorites @wickedfavorites



WICKED LOCAL

Local Shopping		<i>Business/Place Name</i>	<i>Town</i>
1	Men's Clothing Store		
2	Women's Clothing Store		
3	Children's Clothing		
4	Optical Shop		
5	Shoe Store		
6	Bookstore		
7	Photography		
8	Frame Store		
9	Gift Shop		
10	Jewelry Store		
11	Florist		
12	Sporting Goods Store		
13	Toy Store		
14	Pharmacy		
15	Liquor Store		
16	Furniture Store		
17	Carpet/Flooring Store		
18	Appliance Store		
19	Home Decorating Store		
20	Hardware/Home Improvement Store		
21	Garden Store/Nursery		
22	Antique/Vintage Store		
23	Consignment Shop		

Local Services			
24	Hair Salon		
25	Day Spa or Massage		
26	Manicure/Pedicure		
27	Tanning Salon		
28	Health Club/Yoga Studio		
29	Weight Loss Center		
30	Doctor/Primary Care Physician or Pediatrician		
31	Dentist or Dental Office		
32	Chiropractor		
33	Daycare/Preschool		
34	Dry Cleaner/Tailor		
35	Auto Service/Repair		
36	Community Bank		
37	Insurance Agency		
38	Dance/Gymnastics School		
39	Retirement Living Residence		
40	Pet Services		

Local Flavor		<i>Business/Place Name</i>	<i>Town</i>
41	Bagel Shop		
42	Restaurant For Breakfast		
43	Restaurant For Lunch		
44	Restaurant For Dinner		
45	Fine Dining Restaurant		
46	Italian Restaurant		
47	Pizza Place		
48	Thai Restaurant		
49	Mexican Restaurant		
50	Indian Restaurant		
51	Seafood Restaurant		
52	Chinese Restaurant		
53	Sushi Restaurant		
54	Restaurant For Takeout		
55	Restaurant For Steak		
56	Bakery		
57	Coffee Shop		
58	Ice Cream Shop		
59	Deli		
60	Butcher Shop		
61	Fish Market		
62	Bar		
63	Caterer		

Regional Favorites			
64	Hospital		
65	Limo/Car Service		
66	Hotel/Motel/Inn/B&B		
67	Beach		
68	Golf Course		
69	Museum		
70	Place To See Theatre		
71	Place For Family Entertainment		
72	Summer Camp		
73	Mall		
74	Department Store		
75	Discount Store		
76	Supermarket		
77	Car Dealership		
78	Computer or Electronics Store		

Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

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GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot, online ballot or insert only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 11, 2015.

Mail To: Readers Choice Awards 2015 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203 , Wilmington, MA 01887

DRAMA

One-act play festival

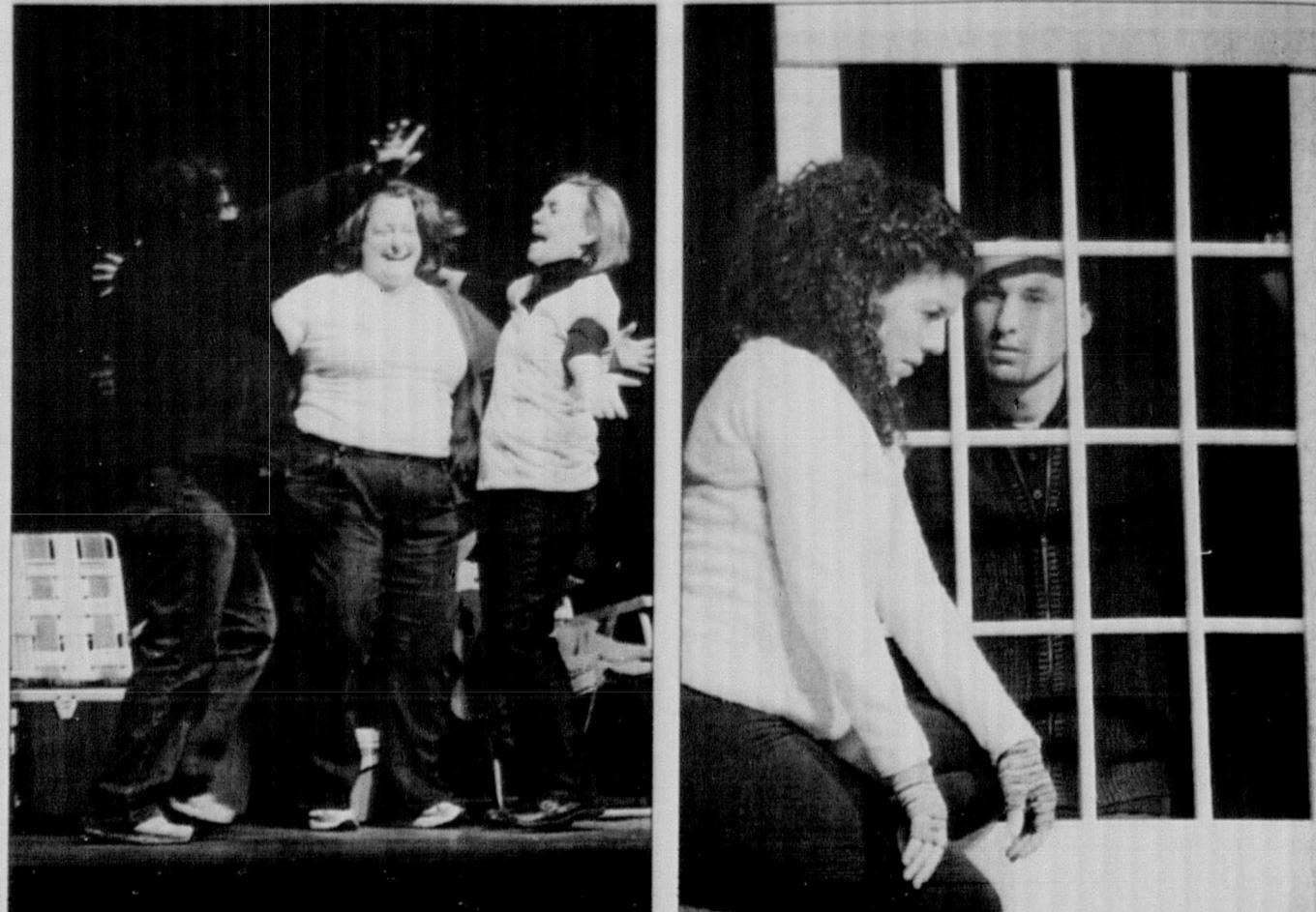
Cohasset Dramatic Club will again present "Briefs," its festival of 10-minute plays, tonight (Friday, Feb. 6) at 7:30 p.m. and Saturday, Feb. 7 at 7:30 p.m. at the Cohasset Town Hall Theatre.

CDC is excited to bring back this entertaining evening of short plays for all to enjoy. Directors and actors from throughout the metropolitan Boston area are featured, as well as original works from award-winning playwrights from across U.S.

Tickets are \$20 for the evening, which includes cabaret-style seating, complimentary snacks, dessert and beverages, and seven 10-minute plays.

Tickets can be purchased at the door, or by calling 617-922-0280, or online at [brownpapertickets.com/event/1149495].

PHOTOS BY EMILY J. REYNOLDS



Zele Avradopoulos, left, Ellen Spadocia, and Sharon White perform "The Right Stuff," during dress rehearsal.

Ellie Baumgarten and Jacob Plummer perform "The Yowl of the Wild," as cats.



Dan Toomey, left, Ellie Baumgarten, and Madison Pratt perform "The Yowl of the Wild," as cats and dogs.



Janine Vlassakis, left, and Lorie Walsh, perform "Parental Guidance Suggested," during dress rehearsal on Tuesday, Feb. 3, 2015, for the Cohasset Dramatic Club show, "Briefs."



Madison Pratt, left, and Dan Toomey perform "The Yowl of the Wild."



Janine Vlassakis, left, and Lorie Walsh, perform "Parental Guidance Suggested."



Zele Avradopoulos, left, and Sharon White perform "The Right Stuff."



Zele Avradopoulos, left, and Ellen Spadocia perform "The Right Stuff."

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College Summer Programs

FOR HIGH SCHOOL STUDENTS

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and you can work at your own pace, allowing you to really engage with the topics being studied.

Tufts Summer Study is an opportunity for you to challenge and stretch yourself in new ways while getting a head start on your college career. With residential and commuter options, Tufts Summer Study is a pre-college program that prepares high school juniors and seniors for the college admissions process, equips them with practical knowledge on how to gain admission to the nation's leading colleges and universities, and helps them build the skills and confidence necessary to succeed at the collegiate level.

Programs include Bioinformatics Inquiry through Sequencing, Foundations of Law & Ethics, The Tufts Summer Writing Program, Health Science Honors, and College Courses for Seniors.

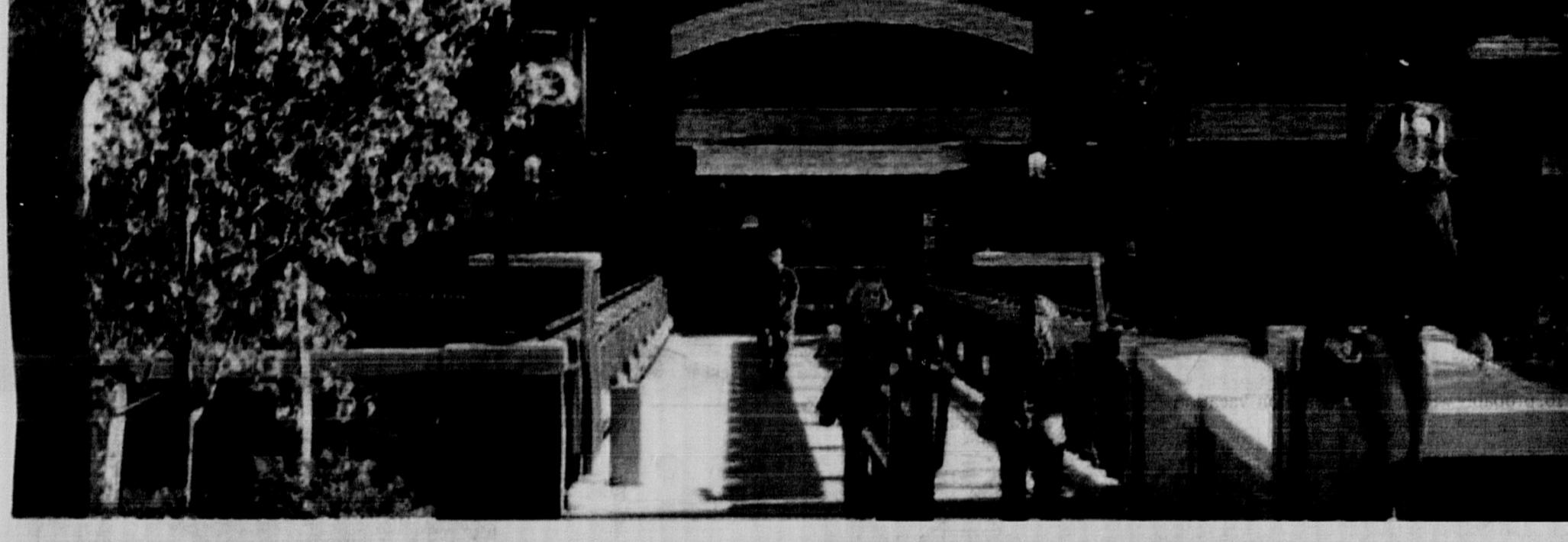
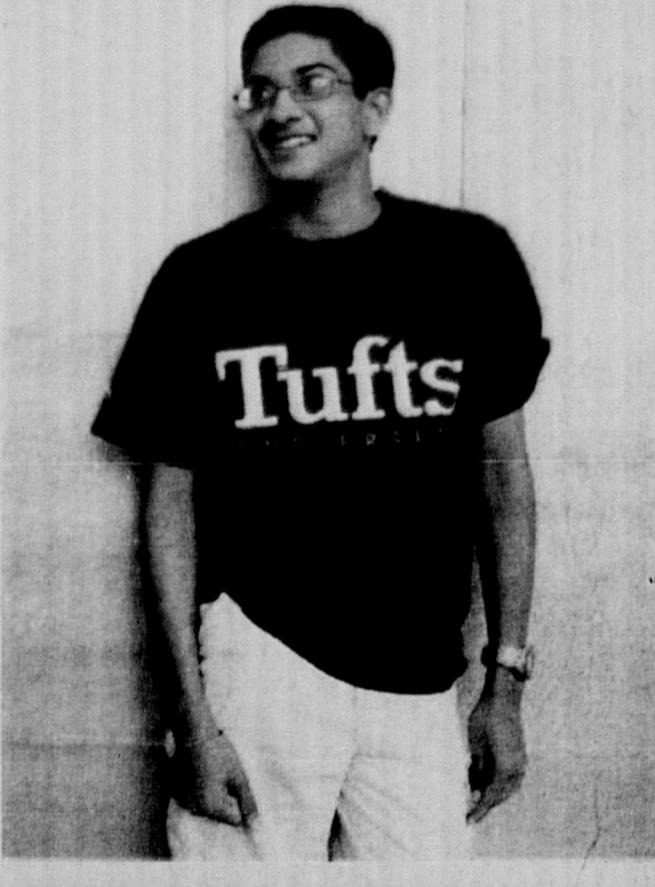
Nearly 35 college courses are offered in the College Courses for Seniors program, and can be taken for credit with current Tufts and visiting undergraduate students. Additionally, students will have the opportunity to enrich their college preparatory experience by participating in SAT Prep workshops, College Application Essay Writing Series, and College Life & Planning Sessions. Also, residential students will have the opportunity to visit a variety of cultural attractions and participate in tours of local colleges while spending six weeks immersed in a diverse and supportive community that fosters academic excellence.

During a summer at Tufts, students have a rare opportunity to investigate possible college majors and get a glimpse of college life. Tufts Summer Study is for highly motivated rising high school

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For more information, visit go.tufts.edu/summer.



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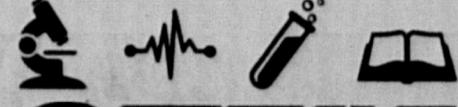
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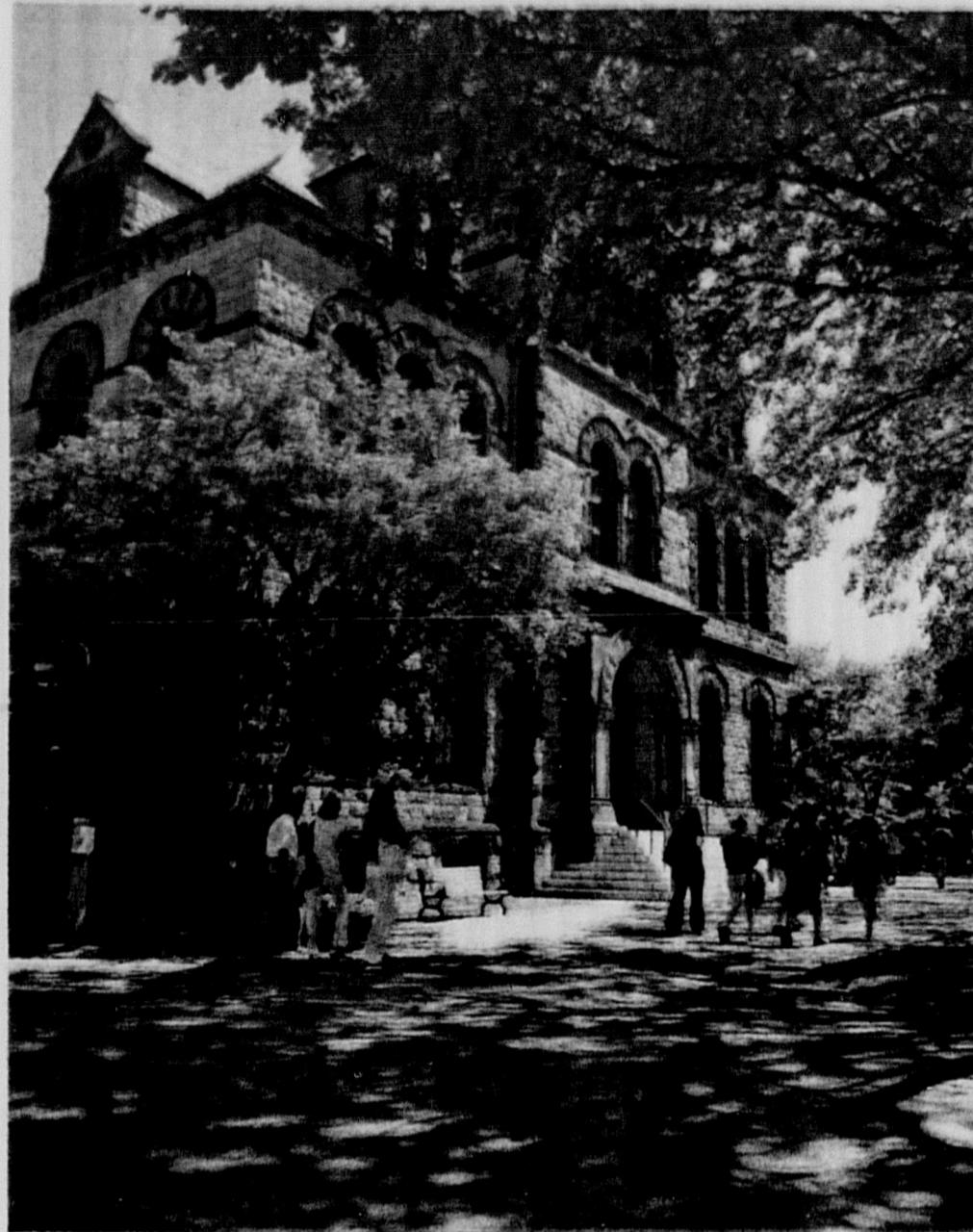


Success Starts Here.



College Summer Programs

FOR HIGH SCHOOL STUDENTS



The Brown University campus in Providence, Rhode Island. CONTRIBUTED PHOTO

ADVICE

Keep most college visits casual

By Jay Mathews
The Washington Post

WASHINGTON - High school junior Malia Obama, 16, probably will be visiting college campuses this summer, like thousands of other teens in this education-obsessed region. I suspect, like many such students, she will be getting more advice about this than she thinks she needs, but let me add one more friendly suggestion.

Living in the White House with two hard-working parents, she is accustomed to schedules, to-do lists and serious conversations, particularly about college. In that respect, she is not very different from ambitious 11th-graders all over the country. They and their families often see campus visits as unique opportunities to get to the core of what distinguishes each school. Guidebooks suggest going far beyond the standard tour and information session. The experts recommend that potential applicants audit a class, interview faculty, eat at the cafeteria, attend a concert, investigate allocation of student funds, check the certification level of campus doctors and anything else they can think of.

Most of that is not only boring but a waste of a lovely summer day. Thirty years of interviews with teenagers, their parents and admissions officers about this process - plus my experience with my own three children - lead me to conclude that

campus visits are taken too seriously and generate too much stress. Many families, maybe even the Obamas, will be making these trips while on vacation. Should family fun time be treated like you're studying for a big exam?

When we were vacationing, my children liked ballfields, ice cream shops, hamburger joints and even the occasional museum. Colleges and their surrounding neighborhoods have many of those pleasant distractions, so why not think of the campus visit as a stroll through a theme park? Soak up the ambiance without thinking you have to have your clipboard out and your pencils sharpened.

Malia Obama appears to share her parents' sense of the ridiculous. That was what I read in the bemused expressions of her and her sister as they watched their father pardon two Thanksgiving turkeys. She will appreciate the low comedy inherent in any college visit. A mortified applicant will hear his father ask at the public information session if someone with his child's exact scores and grades has a chance. Undergraduate tour guides will tell stories of midnight dorm life too raunchy even for Comedy Central's "Tosh.0" (which I see only accidentally when looking for Jon Stewart.)

College tours work best if the potential applicant has her own agenda, the less serious the better. Reportedly, Malia is a tennis player

and is interested in film-making. She could use that to drag the first lady out on a few campus courts. She could slip into showings at the local indie theater, often wildly inappropriate in college towns.

My son Peter turned his college visits into excuses to try out new golf courses. My daughter Katie announced at the beginning of her search that she would be checking for fresh beefcake that rose to the level of her favorite star on the TV show "Dawson's Creek." "If I don't see anyone on campus who looks like James Van Der Beek," she said, "I'm not going there." Such offbeat criteria help teenagers banish worries about SAT averages and application essays.

Why spend time compiling minuscule data at every college visit when in the end you are only going to attend one of those schools? You can find online most of the relevant background information, without making yourself look lame beyond belief with questions at the information session about average dorm room temperatures.

The college you love most is the most likely to reject you anyway, so why not save your energy for April of your senior year, when you can do serious research on the ones that accepted you? For those first visits this summer, just sniff the air and enjoy the scenery. Maybe you will even spot some celebrities. Hey, isn't that Malia Obama?

EDUCATION

Five things every family should consider for college-bound students

StatePoint

Transitioning to college life can be difficult on both students and families. From new expenses to a new lifestyle, being prepared for what lies ahead can help you avoid common bumps in the road.

Here are five things families with college-bound students should consider:

- Getting involved: Being away from home and making new friends can seem daunting. Encourage your student to get involved in school activities and events. From joining the campus paper to running for student government, there are a range of extracurricular opportunities that can lead to new friendships, help students maintain an active calendar and round out one's classroom education.

- Health and wellness: Late nights spent studying instead of sleeping, as well as crowded dorm rooms, can be a prescription for colds and flu. Check out on-campus and local health care options before your student gets sick. No one wants to scramble to research medical options when he or she isn't feeling well. Many campuses offer student insurance.

See what makes the most sense for your family. Locate a nearby pharmacist before visiting the doctor so you can provide that information at your appointment.

- Financing College: College may be one of your family's biggest investments to



Regular check-ins with your student can help parents know that everything is going well.

CONTRIBUTED PHOTO/STATEPOINT

date. Whether that describes your family or not, there's no doubt about it, higher education comes with a big price tag. It's never too late in the process to seek out new financing options, even if your child is already away out school.

From filling out the Free Application for Federal Student Aid, to exploring private loans, free online resources can help guide you through the process. Check out resources designed for college-bound students and their families, such as Wells Fargo's "5 Steps to Financial Aid" video series, which offers helpful advice on finding a scholarship, applying for loans, and more from "Mr. Fellow," your wiser college advisor, at www.WellsFargo.com/fivesteps.

- Money management: For many students, college is the first time they will gain some financial independence. Set your kids up for success by teaching them how to establish a workable budget. A checking and savings account designed for college students can help them stay on track. You can review money-management tools for college students at www.WellsFargo.com.

Don't let the transition to college catch your family off guard. Parents can make the transition easier for students by striking the right balance of "letting go" and staying involved.

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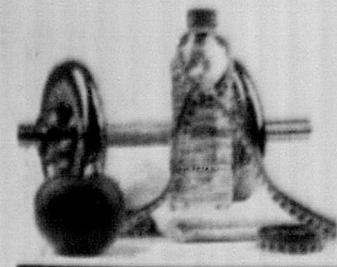
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HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2015

LIFESTYLE

De-stress in 2015

Slow down, get pampered at Mirbeau Inn & Spa

By Beth Doyle
bdoyle@wickedlocal.com

With all of the complexities of life today, it's hard to find someone who does not feel stressed. Whether it's a demanding job, a busy family life, financial pressures or all of the above, we can find ourselves at risk for the health issues that can result from being under constant stress.

According to the Mayo Clinic website, our bodies are hard-wired to react to stress in ways meant to protect us against the predators that our ancestors might have faced. Although those kinds of threats are rare today, that doesn't mean our lives are free of stress.

What is stress?

When we encounter a perceived threat, our adrenal glands release a surge of hormones, including adrenaline and cortisol. Adrenaline increases our heart

rate, elevates our blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars in the bloodstream, enhances our brain's use of glucose and increases the availability of substances that repair tissues, according to www.mayoclinic.org. The body's stress-response system is usually self-limiting, but when stressors are always present and we constantly feel under attack, that fight-or-flight reaction stays turned on putting us at increased risk of numerous health problems including anxiety, digestive problems, heart disease, sleep problems, weight gain, and memory and concentration impairment, according to the Mayo Clinic.

Break the cycle
So, how to take a break from this day-to-day stress? A good alternative can be found at Mirbeau Inn & Spa in Plymouth. A day at Mirbeau, a luxurious retreat nestled in the woods off Route 3, makes you feel like you've been on vacation for a week.

The mood is set when

the receptionist gently inquires, "What size sandal may I give you?" Entering the beautifully appointed locker room, you're given a locker complete with a white robe, whose softness and warmth prove to be an absolute treat to the senses; just the beginning of a day that will leave you feeling totally relaxed and refreshed.

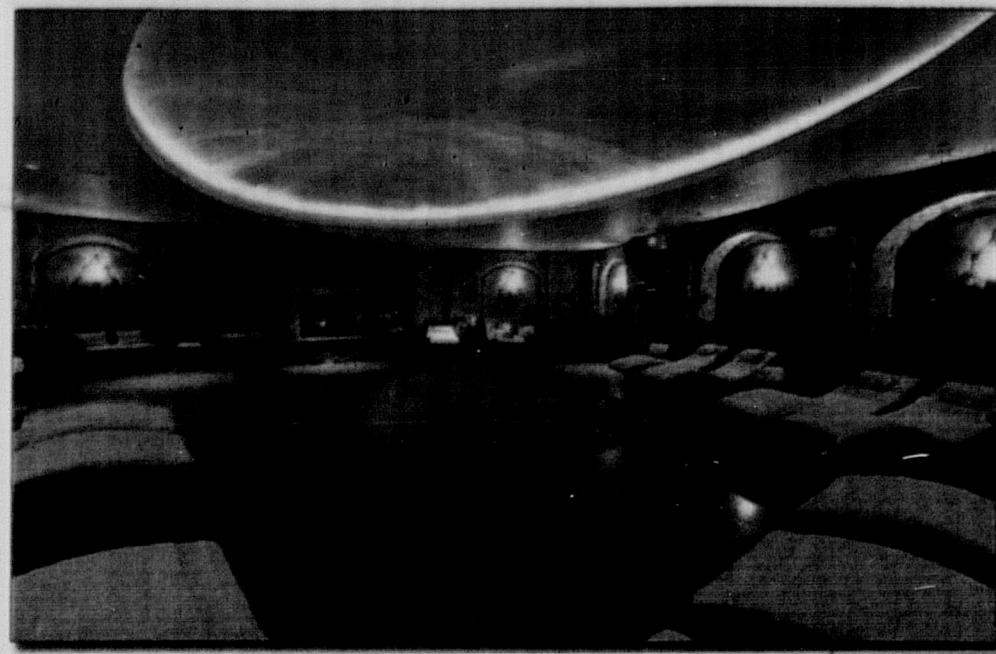
"Life. Classically Balanced."

"What Mirbeau prides itself in is the balance of life," Spa Director Diane Scott said. "We consider it the four cornerstones of wellness: nutrition, fitness, treatment, and the connection of mind, body and soul."

When guests book a treatment, such as a massage, a facial or a body treatment, they get access to the entire facility - the fitness area, the locker rooms, the eucalyptus-infused steam rooms, the spa resting area with a heated foot bath, and the Aqua Terrace and its hot plunge pool and private bar. For guests who want the amenities without a treatment, day passes are available for \$45 midweek and \$75 on the weekend.

"That's what makes us so unique from anyone else," Scott said. "You can come and spend the entire day, and go up to our restaurant and have a healthy meal."

"Our staff is incredibly knowledgeable," she added. "We'll be bringing forth the one-on-one connection



Luxurious chaise lounges beckon to guests in the relaxation area, a grotto-like space with a hushed atmosphere and a heated foot bath at its center.

PHOTO COURTESY OF MIRBEAU INN & SPA

with the staff through educational classes that will include nutrition, golf conditioning and skincare instruction so guests can leave with knowledge, as well."

Consider yoga

A perfect way to start the process of unwinding? A yoga class with Katie Coe, a yoga instructor at Mirbeau.

"Breathe in, breathe out...breathe in, breathe out," Coe intoned.

"That's the first thing I usually start my practice with - some breath awareness," Coe said. "It can take as little as five or 10 minutes. To pay attention to how you're breathing and to slow it down can make a big difference in how you deal with day-to-day stress."

"When we're stressed out, we're always in a lot of flexion - sitting, driving, even on the phone. Our hips are flexed, our bodies are flexed, even our necks and shoulders," Coe said. "Doing chest and hip openers can help us find balance and help us release that tension and stress, and even that emotion."

Yoga classes traditionally end with a final resting pose called savasana, Coe explained.

"Every yoga class will end with this period of relaxation," she said. "Staying still is the hardest thing for some people to do. Their minds are already out the door to what they have to do next; their next phone call, their next chore. Helping them relax their bodies completely and find that stillness, and helping them to stay in this moment helps them to grow as a person and find that state of relaxation that they can carry with them."

Rest and relaxation

Moving from the yoga studio through the locker room to the plunge pool on the Aqua Terrace, guests pass what look like large silver punchbowls filled with cooled cloths under ice and cucumber slices. Wire baskets of fruit are placed strategically for those in need of a healthful snack. Consider basking in the jetted hot tub outside and then spending time in the relaxation area, a grotto-

like space with a hushed atmosphere and a heated foot bath at its center. Luxurious chaise lounges, positioned around the perimeter of the room, beckon to guests.

Whispered conversations blend with the sound of trickling water as patrons swirl their feet in the foot bath. The flicker of flames from the fireplace and the soft sconce lighting create a muted environment, enhanced by the soothng New Age music drifting from speakers above. A recessed oval ceiling painted in a Monet-like pastel palette of celestial clouds deepens the sense of peace and serenity. Ice-water dispensers are accompanied by a basket of fruit and the makings for hot tea.

Healing massage

Treatment therapists enter the space and quietly summon their next appointment, many of whom were there for a massage on a recent day. Scott explained that massage isn't just the soothing of tired muscles.

SEE NEXT PAGE

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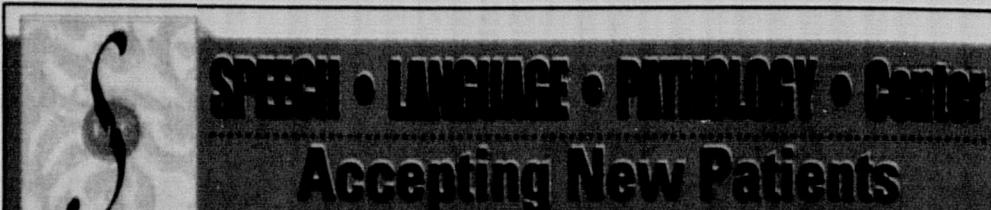
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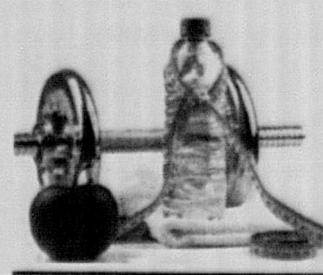
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HEALTHY LIVING

A BETTER YOU THROUGH BETTER LIVING 2015

NUTRITION

Winter superfoods for optimal health

Illnesses seem to peak during the winter months. A tapped-out immune system as well as dry, cold air may encourage the spread of common viruses and bacterial infections more easily. As a result, it's important that men, women and children take every step possible to ward off sickness when the temperatures drop. Dietary changes can make a world of difference, and more and more people are including these proven superfoods in their winter diets.

Avocado: Avocado has high levels of essential fatty acids and vitamin B6, which is important in the biosyn-

thesis of important neurotransmitters. Foods high in B vitamins may be able to counteract some of the symptoms of winter-related depression.

Pomegranate: This quirky fruit has vitamins C and K, folate and potassium and is a good source of fiber. Pomegranate has anti-inflammatory properties, which can help in reducing joint pain and preventing strokes. Pomegranate may also help the body fight viruses.

Cinnamon: Cinnamon has high levels of antioxidants, and some studies point to cinnamon as a natural antibacterial agent. Cinnamon also can help regulate blood-glucose levels, which is ben-

eficial for those with diabetes.

Prunes: Now widely referred to as "dried plums," prunes are an important source of boron, which could prevent osteoporosis. High in antioxidants, prunes help the body fight a variety of illnesses.

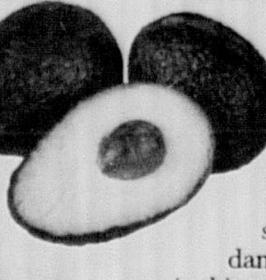
Cabbage: Cabbage may be a key element in the fight against cancer. Cabbage has phytochemicals that can protect the body against cancer-causing free radicals. It's also a good source of dietary fiber, which can stimulate a slug-

gish digestive system.

Butternut squash: This food is packed with carotenoids, which are stellar antioxidants. The starches in this squash also have been found to have anti-inflammatory properties.

Chestnuts: Chestnuts are worthy of inclusion in anyone's diet. Unlike many nuts, chestnuts are relatively low in fat but have high levels of protein. They're also packed with vitamin C and B vitamins.

Courtesy of Metro



LIFESTYLE

Continued from previous page

"The different components of massage are so therapeutic to the healing of our bodies in every aspect," she said.

According to Scott, massage stimulates the different systems in our bodies, such as the lymphatic system and the nervous system, to expel all the toxins we're holding onto.

"It encourages the body to detoxify," she said.

The treatment rooms are softly lit spaces with heated tables and gas fireplaces that create a cozy, warm ambiance perfect for relaxing.

Spa fare
As your day progresses, a nice option is to head upstairs to Mirbeau's restaurant, The Bistro, where spa guests are welcome to remain in their robes and sandals. The varied menu in-

cludes the Spa Burger, a housemade vegan burger with chipotle aioli, avocado and chickpea fries, and the view beyond the porch out over the frozen koi pond reminds one how lovely this space is in the warmer weather when the French-inspired gardens are in bloom.

No worries

When the time finally comes to leave this sanctuary of rest and relaxation, the shower/dressing area in the locker room supplies everything one could possibly need: shampoo, conditioner, shower gel, shaving cream, disposable razors, disposable combs, hair dryers, mouthwash, contact lens solution and more. As the oft-heard saying goes: no worries.

More to come

If you want a relaxing getaway with a loved one, Mirbeau is offering special Valentine's Day multi-course dinners with wine pairing



Treatment rooms at Mirbeau Inn & Spa are softly lit spaces with gas fireplaces that create a cozy, warm ambiance. PHOTO COURTESY OF MIRBEAU INN & SPA

options, in addition to packages that include overnight accommodations, a relaxing couples' massage and breakfast for two. According to Scott, Mirbeau will be offering yoga and wellness overnight retreats in the spring.

Mirbeau Inn & Spa is located in The Pinehills at 35 Landmark Drive in Ply-

mouth. For details or reservations, call 877-MIRBEAU (647-2328). For additional information, visit www.mirbeau.com.

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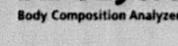
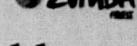
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FOOD

TIP OF THE WEEK



Sweet potatoes have versatility

If you're looking for a little variety to spice up your life, cooking with a versatile veggie such as the sweet potato may give your menu the satisfying kick you crave, along with a healthy dose of the nutrients your body needs.

Unlike many vegetables with a peak season the comes and goes, sweet potatoes can be found at your local grocery store year round with a consistent quality and freshness. Because they are available fresh, canned or frozen, sweet potatoes offer the ultimate flexibility for healthy and delicious menu options at any meal.

With virtually no fat and low in sodium, sweet potatoe fit perfectly into a low-carb lifestyle, with major nutritional bonuses to boot.

In addition to being a source of vitamin B-6, iron, potassium and fiber, the sweet potato provides twice the recommended daily allowance of vitamin A and more than one-third of the requirements for vitamin C.

Sweet potatoes also rank significantly lower than white potatoes in the glycemic index, which explains why many carb-counting diets encourage substituting sweet potatoes for white potatoes.

— *More Content Now*

EASY RECIPE

Superfood Trail Mix

- 1 T rice vinegar
- 1 T honey
- $\frac{1}{4}$ t sea salt
- 1 t coconut oil
- $\frac{1}{2}$ cup raw almonds, chopped
- 1 T chia seeds
- 1 cup puffed brown rice cereal
- $\frac{1}{4}$ cup pumpkin seeds
- $\frac{1}{4}$ cup raisins

In a small bowl, mix rice vinegar, honey and salt. In a skillet over medium heat, warm oil and add the vinegar mix, almonds and chia seeds. Cook for 6 minutes, stirring constantly, until excess liquid is gone. Pour onto a parchment paper-lined baking sheet and let cool in the refrigerator for 15 minutes. Toss almonds with brown rice cereal, pumpkin seeds and raisins.

— *Brandpoint*

FOOD QUIZ

Vanilla extract comes from pods found on which type of flower?

A. Gardenia
B. Sunflower
C. Marigold
D. Orchid

Answer below.

WORD TO THE WISE

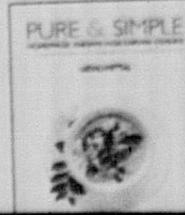
Proofing: The formal name for the process that happens when you let dough rise. During proofing, yeast leavens the dough when fermentation produces carbon dioxide gas that puffs it up. Dough should be proofed in a warm place without draughts and covered with a clean kitchen towel to prevent a crust from forming.

— *Cookthink*

FOOD QUIZ ANSWER

D. Vanilla pods that yield vanilla flavoring are found on an orchid species, *Vanilla planifolia*, that is native to Mexico.

— *More Content Now*



THE DISH ON ...

'Pure & Simple: Homemade Indian Vegetarian Cuisine,' by Vidhu Mittal
With step-by-step photographs for over 100 classic and contemporary vegetarian recipes, "Pure and Simple" makes preparing Indian food absolutely easy. "Pure and Simple" also includes information on spices, vegetables, and kitchen tools, along with useful tips for each recipe. A separate section on cooking processes is helpful for both beginning and experienced cooks. — *Interlink Pub Group*

Double-duty lasagna

By the editors of Relish Magazine

Everyone needs a dish that can be served to company as well as to the family for supper. This lasagna, made with no-boil pasta, can be that dish. The sauce, with white sauce, called "bechamel," also has jarred tomato sauce. The tomatoes give the sauce a salmon color, and the vegetables make the lasagna ideal for vegetarians.

This lasagna can be prepared several hours ahead and refrigerated until about an hour before it's baked. The resting time when the pan comes out of the oven is important; it gives the lasagna time to settle and makes it easier to serve.

Lasagna with Spinach and Mushrooms

Serves 8

Vegetables:

- 2 tablespoons olive oil
- 1 $\frac{1}{2}$ cups diced carrot
- 1 cup diced onion
- 1 (8-ounce) package sliced mushrooms
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 (10-ounce) packages frozen chopped spinach, thawed and drained

Sauce:

- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup all-purpose flour
- 3 cups 2-percent reduced-fat milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 cup jarred tomato sauce with basil
- 1 cup part-skim ricotta cheese
- $\frac{1}{2}$ cup grated Parmigiano Reggiano cheese
- 9 no-boil lasagna noodles
- $1\frac{1}{2}$ cups shredded provolone cheese

1. Preheat oven to 400 degrees. Coat a 13-by-9-inch baking pan with cooking spray.

2. To prepare vegetables, heat oil in a large nonstick skillet over medium-high heat. Add carrot, onion, mushrooms, salt and pepper. Cook, stirring occasionally, until lightly browned, about 8 minutes.

3. To prepare sauce, melt butter in a medium saucepan over medium heat. Whisk in flour. Add milk, salt, pepper and nutmeg. Cook, stirring often, until mixture comes to a boil. Reduce heat, simmer and stir 2 minutes. Remove from heat and stir in tomato sauce, ricotta and Parmigiano Reggiano.

4. Spread about $\frac{1}{3}$ cup sauce in bottom of pan. Arrange 3 noodles over top. Top with half the mushroom mixture, half the spinach and half the remaining sauce. Repeat layers, ending with sauce.

5. Cover with foil and bake 30 minutes. Remove foil, sprinkle with provolone and bake 15 minutes or until golden brown. Let stand 10 minutes before serving.



GAIL CIAMPA

Get creative with the oft-maligned cauliflower

Cauliflower is the new kale. That was the headline from a recent newsletter from Earthbound Farm. While I'm not sure it's as trendy as that, I am certain that cauliflower has become a gluten-free staple. Check out these recipes to explore cauliflower in a new way.

Indian-Spiced Cauliflower

Makes 4 servings

- 1 head cauliflower (cored and cut into florets)
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ teaspoon ground ginger
- Cayenne pepper, to taste
- Chinese five spice powder, to taste

Position a rack in the middle of the oven and preheat to 350 degrees.

Place the cauliflower in a large bowl and drizzle with the canola oil, tossing to completely coat the florets. Use more oil if needed.

Combine the curry powder, cumin, garlic salt, cardamom, ginger, cayenne and five spice powder in a small bowl and whisk to blend. Sprinkle half of the spice mixture over the cauliflower and toss to coat the florets. Repeat with the remaining spice mixture, taking care to ensure the florets are evenly coated.

Transfer the cauliflower to a rimmed baking sheet and spread the florets in an even layer. Roast, turning once or twice, until the cauliflower is crisp-tender and browned, 30 to 35 minutes. Serve hot.

— *From Earthbound Farm*

Cauliflower "Fried Rice"

Makes 6 servings

- 2 heads cauliflower, cut into bite-sized pieces

- 1 cup frozen peas, thawed
- 2 carrots, diced
- 3 tablespoons coconut oil
- 5 tablespoons fermented tamari sauce, plus more to taste
- 3 large eggs
- 4 green onions, white and green parts, chopped

Place half the cauliflower in the bowl of a food processor. Pulse for 12 to 15 one-second pulses, or until the cauliflower is about the size of grains of rice. Transfer to a bowl and repeat with the rest of the cauliflower.

Place the peas and carrots in a small saucepan and cover with water. Bring to a simmer over medium heat and cook until tender, 8 to 10 minutes. Drain.

Heat a large skillet over medium heat for 2 minutes. Add the coconut oil and swirl to coat. Add the cauliflower and tamari and cook, stirring occasionally, until the cauliflower is hot and coated with the tamari, about 3 minutes. Move the cauliflower to the outside edge of the pan to make a space for the eggs. Crack the eggs into the center of

the pan and scramble them there, then stir them into the cauliflower. Add the peas, carrots and scallions and cook, stirring, for about 2 minutes, until all the ingredients are incorporated and hot. Season to taste with a bit more tamari if needed. Serve immediately.

— *From Deliciously Organic blogger Carrie Vitt's book, "The Grain-Free Family Table"*

Cauliflower Pizza Crust

Makes four 8-inch pizzas

Crust ingredients:

- 4 cups chopped raw cauliflower
- $\frac{1}{4}$ cup garbanzo bean flour
- 3 cups shredded mozzarella cheese
- 2 large eggs
- 1 tablespoon dried Italian seasoning
- 1 teaspoon coarse sea salt

Toppings:

- $\frac{1}{4}$ cup marinara sauce
- 2 cups shredded mozzarella cheese
- Additional toppings of your choice

Preheat oven to 300 degrees and adjust rack to

middle position. Line two large baking sheets with parchment paper.

Place all crust ingredients in a food processor or blender (cauliflower, garbanzo bean flour, cheese, eggs, seasoning and sea salt) and process until pureed. Spoon mixture onto baking sheet lined with parchment paper, dividing into 4 servings. Using an off-set spatula, spread each serving of cauliflower mixture into a 8-inch round.

Bake for 35-40 minutes until just turning golden brown. Remove from the oven and spread 2 heaping tablespoons of marinara on the crust. Increase heat to 425 degrees. Top with mozzarella and any additional toppings. Bake for an additional 10 minutes until cheese is bubbly and just turning golden brown.

— *From Vitt's "The Grain-Free Family Table"*

Gail Ciampa is food editor of the Providence Journal in Rhode Island. Email her at gciampa@providencejournal.com.

COHASSET POLICE/FIRE LOG**Saturday, Jan. 24**

2:50 a.m. N. Main St., animal call. Reports dog barking for 15 minutes. Officer standing by, does not hear anything, will remain in area. Reports he spoke to homeowner, dog was put out about 15 minutes ago. He is bringing the dog back in and has been advised of complaint.

3:17 a.m. Oak St., fire investigation. Basement fire. Police on scene reporting homeowner believes this to be water vapor, not flame. Reports no fire, problem with water heater that let go, steam only. All companies clear.

5:43 a.m. Elm St., Police Headquarters, DPW. Contact DPW to start treating roads.

7:22 a.m. Avalon Drive, medical aid.

8:18 a.m. Sankey Road, fire investigation. Call from headquarters reporting E2 to this address for smoke detector sounding, no smoke, no fire. System needs attention, multiple attempts to have contractor notified, no answer.

8:21 a.m. Elm St., Fire Department, DPW. Ramp needs to be plowed, having issues getting trucks out of the bays. DPW states they are still sanding and will get to the Fire Station with a plow when the fire gets a chance.

9:10 a.m. Chief Justice Cushing Highway, disabled motor vehicle. Male is blocking roadway after sliding in his motor vehicle. Roadway is too icy to move. State DPW notified.

11:01 a.m. Stockbridge Road, Scituate, mutual aid ambulance for one-car motor vehicle accident.

11:08 a.m. Jerusalem Road, disabled motor vehicle. Caller reports disabled motor vehicle blocking road. Area search negative.

11:25 a.m. Hull St., minor motor vehicle crash.

11:26 a.m. Hull St., two-car motor vehicle crash. Minor, no personal injuries.

1:57 p.m. King St., motor vehicle stop; citation issued.

2:10 p.m. Bailey Road and Pond St., motor vehicle stop; citation issued.

6:49 p.m. Booth Hill Road and 3A, Scituate, mutual aid. Assisting Scituate to help divert traffic after a motor vehicle accident.

7:02 p.m. Bulrush Farm, Scituate, mutual aid. Assisting Scituate with an out-of-control female.

7:07 p.m. Forest Ave., motor vehicle crash. Caller slid and hit a stonewall at the bottom of the hill on Forest Avenue just before the water. Caller stating she is not hurt. Vehicle is drivable.

7:10 p.m. Black Rock Road, motor vehicle crash. Caller reports his car slid and hit a tree. No airbag deployment, no smoke, no fire. BLS to SSH. Express on scene.

7:12 p.m. Beechwood St., parking complaint. Caller stating three vehicles parked partially in the roadway, concerned for incoming vehicles sliding into them. Vehicle owners advised to move their vehicles.

9:10 p.m. Spring St., parking complaint. Several parked cars blocking the street and hydrant.

9:32 p.m. Chief Justice Cushing Highway, motor vehicle stop; verbal warning.

Sunday, Jan. 25

8:18 a.m. King St., Cohasset Water Services, parking complaint. Motor vehicle blocking the gate. Vehicle moved.

10:59 a.m. Forest Ave., motor vehicle stop; citation issued.

11:02 a.m. Elm St., parking complaint. Party will be moving the trailer.

11:33 a.m. Lamberts Lane, Cohasset Golf Club, animal complaint. Caller reports her dog fell through the ice. Reports the dog is now out of the water.

9:57 p.m. N. Main St., medical aid.

Monday, Jan. 26

9:36 a.m. Chief Justice Cushing Highway, Stop & Shop, traffic hazard. Caller reports the waiting line for the gas pumps at the Stop & Shop Gas Station is out onto Route 3A causing a traffic jam. Officer reports they will be calling for a detail.

9:50 a.m. Forest Ave., traffic hazard. Caller reports a truck dropped two Port-A-Potties in the middle of the road. They have been placed on the sidewalk while the company secures them.

9:56 a.m. Highland Ave., Town Hall, parking complaint. Caller reports unregistered motor vehicle in the parking lot. Town manager's office would like the vehicle towed. Vehicle has been pulled onto owner's property.

12:58 p.m. Jerusalem Road, CO alarm from fourth floor; no CO readings.

1:07 p.m. Depot Court, minor motor vehicle crash.

1:55 p.m. S. Main St., medical aid.

2:47 p.m. Chief Justice Cushing Highway, motor vehicle crash in front of business. Marshfield ambulance coming for mutual aid. Cancel ambulance, no personal injury. Officer standing by for parents of one minor.

3:18 p.m. King and Sohier Streets, hazardous situation. Truck in middle of road off-loading cars.

5:46 p.m. Chief Justice Cushing Highway, suspicious vehicle. Caller reports a large plow appears to have a fire under the rear of the truck.

Vehicle has a brake issue, being worked on at state facility.

7:51 p.m. Elm St., Police Headquarters, harassment. Walk-in to station reporting harassment.

8:32 p.m. Jerusalem Road, Passerby reports outside odor of gas.

8:48 p.m. Hull St. and Jerusalem Road, motor vehicle stop; citation issued.

9 p.m. Elm St., Fire Department. Request for DPW to treat ramp.

9:15 p.m. Chief Justice Cushing Highway and Crocker Lane, disabled motor vehicle. Standing by with a disabled Mass Highway plow. Vehicle back up and running, units clear.

9:40 p.m. Westgate Lane, disturbance. Caller reports hearing what he thinks were two gunshots; investigated.

Tuesday, Jan. 27

4:28 a.m. Sheldon Road, assist public. Caller reporting elderly neighbor called to have an officer respond to her home to assist her with loud banging on her balcony door; services rendered.

5:14 a.m. Lamberts Lane, disabled motor vehicle.

National Grid reports a bucket truck disabled in the snow.

7:54 a.m. Lily Pond Lane, motor vehicle crash. Caller reports plow dump truck off the roadway and hit a tree.

Unknown if anyone is in it, appears to have been there for a while. Road passable, vehicle to be towed.

9:20 a.m. Lamberts Lane, wires call. Caller reports wire came off telephone pole, and hanging by the house. Verizon notified.

10:07 a.m. Joy Place, disabled motor vehicle. Plow truck for the DPW reports a Honda SUV stuck in roadway.

10:32 a.m. Jerusalem Drive and Jerusalem Road, low hanging wires.

10:46 a.m. Black Rock and Jerusalem roads, wires call. Report of a primary down. Comcast notified.

11:06 a.m. Beechwood St., medical aid.

11:21 a.m. Jerusalem Road, Caller reports a wire down in road.

11:50 a.m. Bates Lane, power outage in area due to a blown transformer. National Grid notified.

12:17 p.m. Elm St., well-being check; services rendered.

12:24 p.m. Surry Drive, well-being check. Caller reports husband went for a walk to Black Rock Beach an hour ago and she is worried now. Male located, his phone died and is headed home.

1:01 p.m. Parking Way, wires call. Out to investigate town parking lot for low hanging wire. Branch has fallen on the train tracks with primary. There are no fuses popped, no hazard at this time. National Grid and MBTA notified.

2:02 p.m. Atlantic Ave., wires call; services rendered.

3:26 p.m. Haystack Lane, caller reports wire across driveway; services rendered.

4:18 p.m. Ripley Road, cable wire down; services rendered.

4:49 p.m. Atlantic Ave., well-being check.

5:05 p.m. Sohier St., Deer Hill School, DPW. Officer reports school needs to be plowed. DPW notified and responding.

8:02 p.m. Elm St., low hanging wire; services rendered.

8:26 p.m. Pond St., suspicious activity. Caller reports his driveway hasn't been plowed and there is a vehicle stuck in his driveway and there is another car there and he would like them checked out; services rendered.

9:57 p.m. N. Main St., medical aid.

Wednesday, Jan. 28

1:24 a.m. Hemlock Way, traffic hazard. Caller reports his wife is pregnant and her water just broke. She is in contact with her physician. Caller is concerned because his roadway has not been plowed. Medic unit will respond to get



TRAFFIC SAFETY TIP OF THE WEEK: After two winter storms this week, your windshield wipers have been working extra hard. Over time, ice build up and packed snow can cause the rubber blades to tear and break off. With torn wipers, you risk not being able to see clearly as you drive. Take a minute to look at the condition of your wipers and replace one or both of them if needed. COURTESY PHOTO

party out. Caller advised.

1:36 a.m. Rocky Lane, motor vehicle crash. Caller reports he is a private tow and his truck is stuck at edge of driveway with a steep drop-off. Express en route for a tow.

2 a.m. Hemlock Way, medical aid. Woman in labor requesting ride to SSH. Roads are not plowed, fire having trouble, cannot go all the way in. DPW sending truck right up.

DPW plow on scene. Squad 1 stuck in road, Express en route.

2:06 a.m. Chief Justice Cushing Highway, police information; rear-end damage, trunk open.

8:44 a.m. Rust Way, parking complaint. Caller reports plows can't get by because of the way the construction workers are parked. She states they need to move down the street. Motor vehicle will be moved to end of circle, workers will be shuttled to the work site.

11:18 a.m. Aaron River Road, fraud. Caller reports call from the IRS, no information given.

12:17 p.m. Linden Drive, suspicious activity. Black SUV pulled up to house and went into property and took trash bags. Two males hired to shovel, property checks secure.

12:35 p.m. King St., Avalon Bay, notification. Spoken to management about clearing hydrants and driveway to water tank. Clearing now being done.

1:07 p.m. Avalon Drive, medical aid.

1:25 p.m. Chief Justice Cushing Highway, medical aid.

2:49 p.m. Gammons Road, outside water leak. Shut-off valve in driveway pouring water. Water Department on scene attempting to shut off water.

3:02 p.m. Black Rock and Jerusalem roads, traffic hazard. Caller says homeowner blowing snow into street hitting cars.

3:19 p.m. Pond St., Jr./Sr. High School, parking complaint. Attempting to get parked motor vehicle moved for DPW to plow.

3:55 p.m. Beechwood and King streets, motor vehicle stop; verbal warning.

5:51 p.m. Jerusalem Road, medical aid.

6:29 p.m. Ledge Way, medical aid.

7:18 p.m. Atlantic Ave., medical aid.

7:35 p.m. Depot Court, traffic hazard. Plow driver cannot get by.

7:52 p.m. Chief Justice Cushing Highway and Pond St., motor vehicle stop; citation issued.

8:12 p.m. King St., motor vehicle stop; citation issued.

10:07 p.m. Chief Justice Cushing Highway, erratic motor vehicle operation.

BMW was tailgating caller, was speeding earlier; area search negative.

10:32 p.m. N. Main St., DPW. Caller reports snow on the road blowing over from golf course. Caller had to push a vehicle that was stuck. DPW notified.

10:44 p.m. Forest Ave. and Jerusalem Road, DPW notified about sign being knocked down.

12:57 p.m. Forest Ave., medical aid.

3:43 p.m. Chief Justice Cushing Highway, Olympus Grill, open door; appears secure.

3:46 p.m. Elm St., Police Headquarters, larceny report. Party in lobby reporting larceny of money from his bank account.

4:52 p.m. Elm St., Police Headquarters, notification. No school tomorrow.

5:13 p.m. S. Main St., outside smell of natural gas in catch basin outside. National Grid notified.

5:17 p.m. Chief Justice Cushing Highway and Pond St., motor vehicle stop; citation issued.

3:07 p.m. King St. Cable wire off. Comcast notified.

7:26 p.m. Chief Justice Cushing Highway, Aubuchon Hardware, open door. Report that rear door was open but chained from the inside.

9:23 p.m. Chief Justice Cushing Highway, erratic motor vehicle operation.

Almost hit head-on on 3A; area search negative.

9:39 p.m. Jerusalem Road, medical aid.

11:43 p.m. Pond St., Jr./Sr. High School, suspicious vehicle seen exiting parking lot during property check. Party checks out.

Sunday, Feb. 1

9:08 a.m. Chief Justice Cushing Highway, motor vehicle crash. Third-party caller stating someone backed up into wife's car. Scituate Police notified. No injuries.

9:58 a.m. Timber View Lane, medical aid.

10:05 a.m. Border St., wires call. Contractor was working on the wires and left them exposed. Evacuating home.

10:46 a.m. Chief Justice Cushing Highway, motor vehicle crash. Land Rover silver vs. Land Rover black. No injuries, no fluids; paper exchange.

12:35 p.m. Lamberts Lane, medical aid.

12:39 p.m. Chief Justice Cushing Highway, Stop & Shop gas station, traffic hazard. Caller reports line at gas station blocking the intersection again.

12:48 p.m. N. Main St., notification. Snow drifting on North Main by golf course.

1:44 p.m. Forest Ave. and Jerusalem Road, DPW notified about sign being knocked down.

2:57 p.m. Forest Ave., medical aid.

3:43 p.m. Chief Justice Cushing Highway, Olympus Grill, open door; appears secure.

3:46 p.m. Elm St., Police Headquarters, larceny report. Party in lobby reporting larceny of money from his bank account.</

CALENDAR

Exhibit of paintings by Mary A. Smith

WHEN: Reception: 6 to 9 p.m. Friday, Feb. 6. On display through Feb. 28.

WHERE: South Street Gallery, 149 South St., Hingham.

INFO: On Feb. 6, the public is invited to stop by and meet and chat with the artist. Light refreshments will be served. 781-749-0430.

CORRECTION: In last week's calendar artist Ann Murphy was inadvertently mentioned as the featured artist at the South Street Gallery. We apologize for the error.



Jazz concert featuring Melodee Savage-Roderick and her trio

WHEN: Doors open at 7 p.m. Performance at 8 p.m.

WHERE: North River Theatre, 513 River St., Norwell.

INFO: Tickets \$25 and can be reserved by calling 781-826-4878. Free parking and cash bar.



Blue Moon Coffeehouse welcomes Vermont bluegrass band PossumHaw

WHEN: 7:30 p.m. Saturday, Feb. 7.

WHERE: Channing Church, 45 Webster St., Rockland.

INFO: Between sets there will be an open mike. Tickets are \$8 at the door; children 12 and under are free. For more information, visit <https://sites.google.com/site/thebluemooncoffeehouse> or www.possumhaw.net.

SATURDAY, FEB. 7

Scrapbooking, the Order of the Eastern Star will hold a scrapbooking fundraiser from 9 a.m. to 8 p.m. at the Plymouth Masonic Lodge, 116 South Meadow Road, Plymouth. Take your scrapbooking projects and have some fun. Fee of \$25 includes lunch and snacks from 9 a.m. to 8 p.m. \$30 includes lunch, dinner and snacks from 9 a.m. to 8 p.m. Call Shona McGookin at 508-224-3272 or email 163shona@gmail.com with any questions and to make a reservation.

The South Shore Woodturners will hold an exhibit of their creative wooden sculptures and vessels at the James Library & Center for the Arts, 24 West St. in Norwell from Feb. 6 to 28. The public is invited to the free opening reception on Friday, Feb. 6 from 6 to 8 p.m. to view and purchase works and to meet the artists. www.jameslibrary.org or call 781-659-7100.

New Exhibit of paintings by Mary A. Smith at South Street Gallery, 149 South St., Hingham on display Feb. 28. The artist reception will take place Feb. 6, 6 to 9 p.m. Public is invited to stop by and meet and chat with the artist, light refreshments will be served. 781-749-0430.

Colchester Neighborhood Farm (CNF) will be hosting a pre-season informational meeting from 10 a.m. to 2 p.m. Attend if you have any questions about this coming season's CSA offerings, including our new Free Choice CSA and Flower CSA. New pick-up days and locations will also be announced. The farm is located at 90 Brook St., Plympton, www.colchesterneighborhoodfarm.com or contact Farm Manager MaryAnn Martinez by phone at 781-422-3921.

Cohasset Dramatic Club will again present "Briefs", its popular festival of 10-minute plays, at 7:30 p.m. at Cohasset Town Hall Theatre. Tickets are \$20 for the evening, which includes cabaret-style seating, complimentary snacks, dessert and beverages, and seven 10-minute plays. Tickets can be purchased at the door, or by calling 617-922-0280, or online at www.brownpapertickets.com/event/1149495.

Exhibit of paintings by Mary A. Smith at South Street Gallery, 149 South St., Hingham on display through Feb. 28. The artist reception will take place Feb. 6, from 6 to 9 p.m. Public is invited to stop by and meet and chat with the artist, light refreshments will be served. 781-749-0430.

Melodee Savage-Roderick and her trio will perform a jazz concert at the North River Theatre, 513 River St., Norwell. Doors open at 7 p.m. Performance at 8 p.m. Tickets \$25 and can be reserved by calling 781-826-4878. Free parking and cash bar.

Blue Moon Coffeehouse in Rockland will host PossumHaw, a bluegrass band out of Vermont, at 7:30 p.m. PossumHaw's lead vocalist, Colby Crehan, was named Vermont Vocalist of the Year and her song "Road to Mora" was named Vermont Song of the Year. She also performs as lead singer with the Bluegrass Gospel Project with former members of Northern Lights and Breakaway. Check them out at www.possumhaw.net. Between sets by the band, there will be an open mike. Tickets are \$8 at the door; children 12 and under are free. The address is Channing Church, 45 Webster St., Rockland. For more information, you can visit the website: <https://sites.google.com/site/thebluemooncoffeehouse>.

Aujourd'hui Ensemble along with Duxbury pianist Dawn MacGarvey, soprano Carol Cybulski from Kingston, and mezzo-soprano Anne Smith from Duxbury to perform at 4 pm at the Ellison Center for the Arts, 64 St. George St., Duxbury.

Bill Motte concert hosted by South Shore Folk Music Club is at 8 p.m., doors open at 7:30 p.m., at The Bear House of the Kingston, MA Unitarian Church, 222 Main St., in Kingston. Tickets are \$18 for members, \$20 for non-members. Advance tickets are available from www.brownpapertickets.com/event/844213. The atmosphere is informal, friendly and smoke- and alcohol-free. The venue is handicap accessible. www.ssfc.org.

The Stumps at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Joe Motte & Friends at The Banner Pub, 167 Union St., Rockland. 781) 878-8717, www.thebannerpub.com.

Colleen Marshal Rio at The Great Chow, 497 Bedford St., Route 18, Abington, 781-871-8832, www.great-chow.com.

Jeff Rosen at McGuiggans Pub, 546 Washington St., Whitman, 9:30 p.m. 781-447-7333, www.mcguigganspub.com.

Chris Merian at The Tavern, One Proprietors Drive, Marshfield. 781-837-0000.

Throwdown Band at Ming Dynasty, 752 Plain St., Marshfield. 781-834-6691, www.mingdynasty-marshfield.com.

Jim Palana at Wildflower Café & Tavern, 8 Chestnut St., Duxbury. 781-934-7814, www.wildflowercafe.us.

Flatline at British Beer Company, 15 Columbia

Road, Pembroke, 781-829-6999, www.britishbeer.com.

Vinyl Dynasty at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

Irish Seisun at Lucioso's Pub at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

Dinner theater at the John Carver Inn & Spa, 25 Summer St. in Plymouth. Dinner and a show is \$59.95 per person and includes premium seating and buffet dinner. Show-only tickets may be available for \$25 each. For reservations, visit www.john-carverinn.com or call 855-318-9749. Doors open at 7 p.m. for dinner theater events. Tonight: "Psychic Mind-Blowing Comedy Show" with Jon Stetson (comedian/mentalist).

Mallett Brothers Band at The Spire, 25 1/2 Court St., Plymouth, 8 p.m., David Tanklefsky opens, tickets \$12 at spirecenter.org.

The Unstables at The Cavern in The New World Tavern, 56 Main St., Plymouth. 508-927-4250, www.thenewworldtavern.com.

SUNDAY, FEB. 8

Masons Monthly Breakfast from 8 to 11 a.m. at the Phoenix Lodge, 133 Broadway in the Hanover Four Corners neighborhood. Cost is \$7 per adult and \$4 for children under 12 years of age. Breakfast consists of scrambled eggs, sausages, bacon, hash, home fries, toast, pancakes, juice, coffee and tea.

Big Joe the Storyteller's vast collection of original and classic tales and his box filled with puppets, props and surprises at the JCC Early Learning Center, Hingham at Congregation Sha'aray Shalom, 1112 Main St. in Hingham at 3 p.m. Show is geared for families with children ages 15 months to 5 years. No charge. Everyone welcome.

South Shore Conservatory's Conservatory Concert Series (CCS) will present "Made in America" at 4 p.m. at SSC's Ellison Center for the Arts, 64 Saint George St., Duxbury. This CCS program features the music that originates from American roots, as the foundation for all homeland music to follow. CCS features the talent of the Conservatory's faculty. Thanks to the support of the sponsor, by Boston Private Bank & Trust Company, admission to the concerts is free. For more information about CCS concerts and all Conservatory events, performances and programs, visit www.sscmusic.org or follow on Facebook.

Le Femmes, a musical trio, featuring Amanda Carr, multi-styled vocalist; Yvonne Monnett, jazz pianist; and Genevieve Rose, acoustic/electric bassist will perform at 3 p.m. at The First Evangelical Lutheran Church, 900 Main St., Campello section of Brockton. The trio will present fresh interpretations of the Great American Songbook. Proceeds from the concerts benefit the church's building restoration fund. Tickets are \$15 and may be purchased at the door or online at [www.firstevlutheran.org](http://firstevlutheran.org) or call the church: 508-586-9021.

Irish Session at 11 a.m. at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

Splash of Blues Jam from 4 to 8 p.m. at Players Sports Bar & Grille, 86 VFW Drive, Rockland. 781-681-9999. southshoresportsbar.com.

Billy Downes at 4 p.m. at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

Stump trivia with Dan from 5:30 to 7:30 p.m. at The Tavern, One Proprietors Drive, Marshfield. 781-837-0000.

MONDAY, FEB. 9

New Beginnings Singles Support Group, Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover, N.H. is a singles support organization dedicated to healing, growing and learning; not a dating service. Information: visit www.bnbnorwell.org or call 781-499-2659.

Texas Hold'em with the Northern Poker League at 7 and 10 p.m. at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022.

Open mike night, 8:30 p.m. Mondays at Main Street Sports Bar & Grill, 39 Main St., Plymouth, 774-283-4129, www.mainsportsbarandgrill.com.

TUESDAY, FEB. 10

Ballroom Dancing every Tuesday from 7:30 to 11 p.m. at The Viking Club, 410 Quincy Avenue, Route 53, Braintree. Live bands every week. Singles and couples welcomed. Admission is \$10. Information: 781-784-2678 or 781-335-3171.

South Shore Men of Harmony rehearse every Tuesday at Hingham Community Center, 70 South St., Hingham, from 7:30 to 10:30 p.m. 781-337-SING (7464). Information: 781-337-7464.

Open mike with Jackson Wetherbee at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

HOW TO SUBMIT

Planning an event? Send your event information by email to scalendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

Irish Seisun at McGuiggans Pub, 546 Washington St., Whitman, 7 p.m. 781-447-7333, www.mcguigganspub.com.

Wicked Trivia at BBC Pembroke, play Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

Jazz at Martini's, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit www.martinsplymouth.com for information.

Wicked Trivia from 7:30 to 9:30 p.m. at British Beer Company, 2294 State Road, Plymouth (Cedarville), 508-888-9756, www.britishbeer.com.

Dave Foley performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

WEDNESDAY, FEB. 11

Waterwatch Lecture Series. Cashes Ledge – Taking a Closer Look. Priscilla Brooks, VP and Director of Ocean Conservation, Conservation Law Foundation. Just 80 miles off the coast, Cashes Ledge, is one of the region's most distinct and beautiful marine habitats. Documented through underwater video and photos by famous National Geographic photographer Brian Skerry, this "undersea garden" rich in kelp, corals and fish – has been off limits to commercial fishing for 12 years. But now the Cashes Ledge area is being considered for re-opening to bottom trawling fishing placing this spectacular place at risk. Come take a "closer look" at the largest continuous kelp forest on the east coast of the U.S. Admission is free. The lectures are at the South Shore Natural Science Center, 48 Jacobs Lane, Norwell at 7 p.m. every Wednesday night through March 18. www.nsra.org.

Social Security Workshop, "Social Security: Get answers to your questions and know YOUR best strategy" presented by Kelly A. Shanahan at 7 p.m. in the Whitton Room at the Hingham Library, 66 Leavitt St., Hingham.

Business workshops offered by The South Eastern Economic Development (SEED) Corporation and S-Bank aimed at assisting start-up and existing entrepreneurs are being held in cooperation with the U.S. Small Business Administration (SBA), MA Small Business Development Center (MSBDC), South Shore Chamber of Commerce, and SCORE. Both workshops will be held at S-Bank, 195 Washington St., Weymouth. Session I, "Learn the Fundamentals in Planning, Preparing, and Financing Your Business," 10 a.m. to 1 p.m. Registration begins at 9:30 a.m. Breakfast will be provided for all participants. Session II, "Understanding the Purpose of Financial Statements and How They Can Help Determine the Health of Your Business," 1:30 to 4:30 p.m. Lunch will be provided for all participants. Call SEED Corporation at 508-822-1020 x 312 by Feb. 4 to register.

International "Ban the Bomb" Poster Exhibit curated by Stephen Lewis, in the Clemens Gallery, Hingham Public Library 6 Levitt St., Hingham through Feb. 26. The exhibit is includes a sampling of posters from a few countries where people have organized to demand the elimination of nuclear weapons. The posters and photos were contributed by friends, collected at conferences or on visits to the organizations, and received from connections made through the Internet.

Sons of Union Veterans of the Civil War Satuit Camp 3188 meets at 7 p.m. the second Wednesday of the month at Grand Army Hall, 353 County Way in Scituate. The Sons of Union Veterans of the Civil War (SUVCW) is a patriotic and educational organization. Membership is open to males, ages 14 and older, who are direct descendants of a soldier, sailor, or Marine who served during the Civil War. Junior and associate memberships are also available. The camp will help prospective members with the paperwork to determine eligibility. Members do not have to be Scituate residents. For information contact Conley Ford at cfordcon@comcast.net or call 781-545-0054. Camp webpage www.satuicamp3188.org.

Open mike with Mother Nature at The Banner Pub, 167 Union St., Rockland. 781-878-8717, www.thebannerpub.com.

Cadillac Walk original blues band, every Wednesday at Shanty Rose Pub, 16 Town Wharf, Plymouth.

THURSDAY, FEB. 12

Nature's Music at South Shore Natural Science Center, 48 Jacobs Lane, Norwell, for ages 3.5 to 5 years from 9:30 to 11 a.m. Have fun with Miss Jen in this class focusing on sounds found in nature, by

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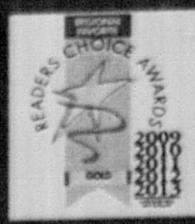
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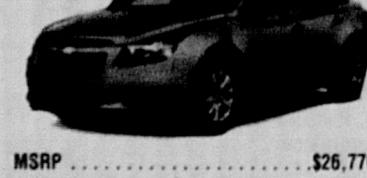
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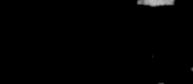
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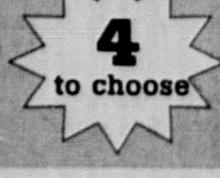
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